

Squad Timetable

SBSC TIMETABLE (Summer Season : 2nd October 2023 – 31st March 2024)

** Notable time/venue changes highlighted blue

VENUES / LEGEND

Venue	Explanation
SBP	Scarborough Beach Pool, sessions shown in WHITE. All sessions start at hill side of the main pool.
Churchlands	Churchlands Senior High School Pool, sessions shown in YELLOW.
Friday PM Junior Friday Night Racing (FNR)	<p>COMMENCING Friday 6th October 2023</p> <p>Alternate Friday Night Junior training / race nights recommence, with 1st one scheduled Friday 6th October</p> <p>Week 1 : All junior squads at Churchlands for Friday Night Junior Racing. National squads training at SBP.</p> <p>Week 2 : Normal training as per the schedule.</p> <p>This will continue alternating through to the end of the summer season and beyond.</p> <p>Please note, Friday Night Junior racing is for ALL JUNIOR aged swimmers from Dolphins to Junior Performance, plus National Development swimmers aged up to 12yo for girls, 13yo for boys</p>

Squad Timetable

DOLPHINS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM	4:00-4:30 Davide	4:00-4:30 Adriano	4:00-4:30 Kaila	4:00-4:30 Jake	** Alternating weeks	
					Week 1 FNR@Churchlands 4:30-5:45 Jake / Adriano	
					Week 2 No Training	

DOLPHINS GOLD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM	4:15-5:00 Kaila	4:15-5:00 Davide	4:15-5:00 Drew	4:15-5:00 Davide	** Alternating weeks	
					Week 1 FNR@Churchlands 4:30-5:45 Jake / Adriano	
					Week 2 No Training	

JUNIOR DEVELOPMENT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30-7:00 Kaila (Churchlands)			
PM	4:30-5:30 Davide	4:30-5:30 Adriano	4:30-5:30 Kaila	4:30-5:30 Jake	** Alternating weeks	
					Week 1 FNR@Churchlands 4:30-5:45 Jake / Adriano	
					Week 2 No Training	

Squad Timetable

JUNIOR STATE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30-7:00 Kaila (Churchlands)			
PM	5:30-7:00 Davide	5:00-6:30 Davide	5:30-7:00 Kaila	5:00-6:30 Davide	** Alternating weeks	
					Week 1 FNR@Churchlands 4:30-5:45 Jake / Adriano	
					Week 2 Training@SBP 4:30-6:30 Kaila	

JUNIOR PERFORMANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30-7:00 Kaila (Churchlands)		5:30-7:00 Kaila Churchlands	6:30-8:30 Drew / Kaila
PM	5:30-7:00 Davide	5:00-6:30 Davide	5:30-7:00 Kaila	5:00-6:30 Davide	** Alternating weeks	
					Week 1 FNR@Churchlands 4:30-5:45 Jake / Adriano	
					Week 2 Training@SBP 4:30-6:30 Kaila	

Squad Timetable

NATIONAL DEVELOPMENT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:15-7:15 Drew (Churchlands)	5:30-7:30 Drew / Adriano		5:30-7:30 Drew / Jake	5:15 -7:15 Drew (Churchlands)	6:30-8:30 Drew / Kaila
PM	5:00-7:00 Kaila		Land 4:30-5:00 Swim 5:00-7:00 Drew		4:30 – 6:30 Drew	

NATIONAL PERFORMANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:15-7:15 Drew (Churchlands)	5:30-7:30 Drew / Adriano		5:30-7:30 Drew / Jake	5:15 -7:15 Drew (Churchlands)	6:30-8:30 Drew / Kaila
PM	4:30-6:30 Drew (Churchlands)		Land 4:30-5:00 Swim 5:00-7:00 Drew		4:30 – 6:30 Drew	

Squad Timetable

SOCIAL FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						6:30-8:30 Drew / Kaila
PM		5:30-7:00 Adriano		5:30-7:00 Jake		

JETS FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:00 AJ / Adriano		5:30-7:00 AJ / Jake		5:30-7:00 AJ / Jake	
PM						