

# Squad Timetable

SBSC TIMETABLE (Winter Season : 15<sup>th</sup> April 2024 – 29<sup>th</sup> September 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><b>COMMENCING Friday 3<sup>rd</sup> May</b></p> <p>Alternate Friday Night Junior training / race nights recommence, with 1<sup>st</sup> one scheduled Friday 3<sup>rd</sup> May</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	4:30-5:00 Davide (Churchlands)	4:00-4:30 Jake	4:00-4:30 Kaila	4:00-4:30 Adriano	** Alternating weeks	
					<b>Week 1 FNR@Churchlands</b> 4:30-5:45 Kaila	
					<b>Week 2 No Training</b>	

### 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	
					<b>Week 1 FNR@Churchlands</b> 4:30-5:45 Kaila	
					<b>Week 2 No Training</b>	

### JUNIOR DEVELOPMENT

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

## Squad Timetable

### JUNIOR STATE

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

### JUNIOR PERFORMANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30-7:00 Kaila (Churchlands)		5:30-7:15 Kaila Churchlands	07:00-9:00 Drew / Kaila
PM	5:00-6:30 Davide (Churchlands)	5:00-6:30 Davide	5:30-7:00 Kaila	5:00-6:30 Davide	** Alternating weeks	
					<b>Week 1 FNR@Churchlands</b> 4:30-5:45 Kaila	
					<b>Week 2 Training@SBP</b> 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 / Jake		5:30-7:30 Drew / Adriano	5:15 -7:15 Drew (Churchlands)	07:00-9:00 Drew / Kaila
PM	5:00-7:00 Kaila	<b>GYM</b>	5:00 – 7:00 Drew	<b>GYM</b>	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 / Jake	Approved Distance with AJ	5:30-7:30 Drew / Adriano	5:15 -7:15 Drew (Churchlands)	07:00-9:00 Drew / Kaila
PM	5:30-7:00 Drew (SBP)	<b>GYM</b>	5:00-7:00 Drew	<b>GYM</b>	4:30 – 6:30 Drew	

## Squad Timetable

### SOCIAL FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						07:00-9:00 Drew / Kaila
PM		5:30-7:00 Jake		5:30-7:00 Adriano		

### JETS FITNESS

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