

JUNIOR PERFORMANCE SQUAD TENTATIVE JULY 2017 TRAINING SCHEDULE

SAT	1	5:45-7:30 am (N)*	OFF	
SUN	2	OFF		
MON	3	OFF	5:45-7:30 pm (N)	
TUE	4	5:15-7:00am (KH)	3:45-5:30 pm (N)	Metropolitan SC Champs Online Entries close
WED	5	OFF	5:45-7:30 pm (N)	
THU	6	5:15-7:00am (KH)	3:45-5:30 pm (N)	
FRI	7	OFF	5:45-7:30 pm (N)	
SAT	8	5:45-7:30 am (N)*	OFF	
SUN	9	OFF		
MON	10	OFF	5:45-7:30 pm (N)	
TUE	11	5:15-7:00am (KH)	3:45-5:30 pm (N)	
WED	12	OFF	5:45-7:30 pm (N)	
THU	13	5:15-7:00am (KH)	3:45-5:30 pm (N)	
FRI	14	OFF	Train 3:45-5:30 pm (N) NSW Metropolitan SC Champs (SOPAC) DAY 1 Warm up - 2:30pm Start - 4pm	
SAT	15	NSW Metropolitan SC Champs (SOPAC) DAY 2 Warm up - 7:30am Start - 9am		
SUN	16	NSW Metropolitan SC Champs (SOPAC) DAY 3 Warm up - 7:30am Start - 9am		
MON	17	OFF	5:45-7:30 pm (N)	
TUE	18	5:15-7:00am (KH)	3:45-5:30 pm (N)	
WED	19	OFF	5:45-7:30 pm (N)	
THU	20	5:15-7:00am (KH)	3:45-5:30 pm (N)	
FRI	21	OFF	5:45-7:30 pm (N)	
SAT	22	5:45-7:30 am (N)*	OFF	SMNE B&C Development Squad (Pymble)
SUN	23	OFF		
MON	24	OFF	5:45-7:30 pm (N)	
TUE	25	5:15-7:00am (KH)	3:45-5:30 pm (N)	SNSW MC meet #3 Online Entries close
WED	26	OFF	5:45-7:30 pm (N)	
THU	27	5:15-7:00am (KH)	3:45-5:30 pm (N)	
FRI	28	OFF	5:45-7:30 pm (N)	
SAT	29	5:45-7:30 am (N)*	OFF	SNSW Target Squad Meet (Woy Woy)
SUN	30	OFF		
MON	31	OFF	5:45-7:30 pm (N)	

*: Combine session with Age Performance Squad (APS)

** : Combine session with National Performance Squad (NPS)

N: Narrabeen (Sydney Academy of sport)

KH: Killarney Heights Swim Centre (14 Tralee Avenue Killarney Heights)

	: Meet/Championships
	: School Holiday
	: Coach's away
	: Social function
	: Different location/time from regular schedule
	: Meet/Championships entries closing date