

JUNIOR PERFORMANCE SQUAD TENTATIVE SEPTEMBER 2017 TRAINING SCHEDULE

FRI	1	OFF	5:45-7:30 pm (N) Narrabeen Carlile Club Night from 6pm - 8pm (KH)
SAT	2	5:45-7:30 am (N)*	OFF
SUN	3	OFF SMNE Development D Squad (pymble) 9:30am - 13:30pm	
MON	4	OFF	5:45-7:30 pm (N)
TUE	5	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	6	OFF	5:45-7:30 pm (N)
THU	7	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	8	OFF	5:45-7:30 pm (N)
SAT	9	NSW STATE 10&U-12yrs SC Championships (SOPAC) - Day 1 Warm up - 7:30am Start - 9am	
SUN	10	NSW STATE 10&U-12yrs SC Championships (SOPAC) - Day 2 Warm up - 7:30am Start - 9am	
MON	11	OFF	5:45-7:30 pm (N)
TUE	12	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	13	OFF	5:45-7:30 pm (N)
THU	14	5:15-7:00am (KH)	3:45-5:30 pm (N) Paul Penna talk 5:30-6:15pm
FRI	15	OFF	5:45-7:30 pm (N)
SAT	16	5:45-7:30 am (N)*	OFF
SUN	17	SMNE Long Course Distance Meet (Pymble) Warm up - 7am Start - 7:30am	
MON	18	OFF	5:45-7:30 pm (N)
TUE	19	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	20	OFF	5:45-7:30 pm (N)
THU	21	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	22	OFF	5:45-7:30 pm (N)
SAT	23	Cherrybrook Carlile LC Qualifying Meet (SOPAC) Warm up - 8am Start - 9am	
SUN	24	OFF	
MON	25	OFF	5:45-7:30 pm (N)
TUE	26	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	27	OFF	5:45-7:30 pm (N)
THU	28	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	29	OFF	5:45-7:30 pm (N)
SAT	30	5:45-7:30 am (N)*	OFF

SMNE LC Distance meet
Online Entries close

ASCTA NSW Coaches
conference and
Award Dinner

Ryo holidays

*: 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