

JUNIOR PERFORMANCE SQUAD TENTATIVE DECEMBER 2017 TRAINING SCHEDULE

FRI	1	OFF	5:45-7:30 pm (N)
SAT	2	5:45-7:30 am (N)*	OFF
SUN	3	OFF	
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	5:45-7:30 am (N)* NSW Open Water Swimming 7.5km/10km Championships (Penrith) - Day 1 Register - 7.30am Start - 9am	OFF
SUN	10	NSW Open Water Swimming Championships (Penrith) - Day 2 JX 2.5km Register - 7.30am Start - 9am 5km Register - 9.30am Start - 11am	
MON	11	OFF	5:45-7:30 pm (N)
TUE	12	5:15-7:00am (KH)	3:45-5:30 pm (N) NSW STATE 10yr&U-12yr Age Championships (SOPAC) - Day1 Warm up - 12.30pm Start - 2pm
WED	13	OFF	5:45-7:30 pm (N) NSW STATE 10yr&U-12yr Age Championships (SOPAC) - Day2 Warm up - 7.30am Start - 9am
THU	14	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	15	OFF	5:45-7:30 pm (N)
SAT	16	OFF	
SUN	17	OFF	
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	OFF	3:45-5:30 pm (N) JPS Xmas Party
FRI	22	<p style="text-align: center;">Squad Breaks from Friday 22nd December to 3rd January 2018 Squad will resume typical training schedules from the 4th January 2018.</p>	
SAT	23		
SUN	24		
MON	25		
TUE	26		
WED	27		
THU	28		
FRI	29		
SAT	30		
SUN	31		

NSW STATE 13-18yr Age Championships (SOPAC) 15th-20th December 2017

*: 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