

JUNIOR PERFORMANCE SQUAD TENTATIVE JANUARY 2018 TRAINING SCHEDULE

MON	1	Squad Breaks from Friday 22nd December to 3rd January 2018	
TUE	2		
WED	3		
THU	4	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	5	OFF	5:45-7:30 pm (N)
SAT	6	5:45-7:30 am (N)*	OFF
SUN	7	OFF	
MON	8	OFF	5:45-7:30 pm (N)
TUE	9	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	10	OFF	5:45-7:30 pm (N)
THU	11	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	12	OFF	5:45-7:30 pm (N)
SAT	13	5:45-7:30 am (N)*	OFF
SUN	14	JPS Port Macquarie Training Camp from Sunday 14th to Tuesday 16th January	
MON	15	JPS Port Macquarie Training Camp	
		OFF	5:45-7:30 pm (N)
TUE	16	JPS Port Macquarie Training Camp	
		OFF	3:45-5:30 pm (N)
WED	17	OFF	5:45-7:30 pm (N)
THU	18	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	19	OFF	5:45-7:30 pm (N)
SAT	20	5:45-7:30 am (N)*	OFF
SUN	21	OFF	
MON	22	OFF	5:45-7:30 pm (N)
TUE	23	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	24	OFF	5:45-7:30 pm (N)
THU	25	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	26	AUSTRALIA DAY OFF	
SAT	27	5:45-7:30 am (N)*	OFF
SUN	28	OFF	
MON	29	OFF	5:45-7:30 pm (N)
TUE	30	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	31	OFF	5:45-7:30 pm (N)

NSW State Open Champs
Online Entries Close

Swimming Australia National
OWS championships
Online Entries close

NSW State Open Championships
(SOPAC)
19-21 January 2018

2018 Swimming Australia
National Open Water Swimming
Championships
(Brighton Beach, Adelaide SA)
Pre-meet: Thursday 25th
Competition: Friday 26th -
Sunday 28th January 2018

SMNE Speedo Sprint heats
Online Entries Close

*: 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