

## JUNIOR PERFORMANCE SQUAD TENTATIVE FEBRUARY 2018 TRAINING SCHEDULE

THU	1	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	2	OFF	5:45-7:30 pm (N)
SAT	3	5:45-7:30 am (N)*	OFF
SUN	4	OFF	
MON	5	OFF	5:45-7:30 pm (N)
TUE	6	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	7	OFF	5:45-7:30 pm (N)
THU	8	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	9	OFF	5:45-7:30 pm (N)
SAT	10	5:45-7:30 am (N)*	OFF
SUN	11	<b>SMNE SPEEDO Sprint Series Heats (Pymble)</b> <b>Warm up - 7am Start - 8am</b>	
MON	12	OFF	5:45-7:30 pm (N)
TUE	13	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	14	OFF	5:45-7:30 pm (N)
THU	15	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	16	OFF	5:45-7:30 pm (N)
SAT	17	5:45-7:30 am (N)*	OFF
SUN	18	OFF	
MON	19	OFF	5:45-7:30 pm (N)
TUE	20	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	21	OFF	5:45-7:30 pm (N)
THU	22	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	23	OFF	<b>Narrabeen Carlile Club</b> <b>Championships (NRB)</b> <b>Warm up - 5pm Start - 5.30pm</b>
SAT	24	5:45-7:30 am (N)*	OFF
SUN	25	OFF	
MON	26	OFF	5:45-7:30 pm (N)
TUE	27	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	28	OFF	5:45-7:30 pm (N)

**Australian Swimming**  
**Commonwealth Games Trials**  
**(Gold Coast) 23/2 - 3/3**

\*: 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