

OPS/NPS Squad July 2018

Date	Day	AM	PM	Swim Meets and Information sessions
July				
1	SUN	off	off	Pan Pac Trials 30th-4th
2	MON	4:45 - 7:00 (N)	4:00 - 6.30pm (P) 4:00 - 4:45 Gym	Pan Pac Trials 30th-4th
3	TUES	off	4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym	Pan Pac Trials 30th-4th
4	WED	4:45 - 7:00 (N)	4:00 - 6.30pm (P) 4:00 - 4:45 Gym	Pan Pac Trials 30th-4th
5	THURS	off	4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym	
6	FRI	4:45 - 7:00 (N)	silver & gold session 4 to 6pm(N)	
7	SAT	6:30 - 9:00 (N) 6:30 - 7:30 Gym	off	ETS Camp 7th-12th
8	SUN	off	off	ETS Camp 7th-12th
9	MON	4:45 - 7:00 (N)	4:00 - 6.30pm (P) 4:00 - 4:45 Gym	ETS Camp 7th-12th
10	TUES	off	4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym	ETS Camp 7th-12th
11	WED	4:45 - 7:00 (N)	4:00 - 6.30pm (P) 4:00 - 4:45 Gym	ETS Camp 7th-12th
12	THURS	off	4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym	ETS Camp 7th-12th
13	FRI	4:45 - 7:00 (N)	silver & gold session 4 to 6pm(N)	
14	SAT	6:30 - 9:00 (N) 6:30 - 7:30 Gym	off	
15	SUN	off	off	
16	MON	4:45 - 7:00 (N)	4:00 - 6.30pm (P) 4:00 - 4:45 Gym	STS Camp 16th-22nd
17	TUES	off	4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym	STS Camp 16th-22nd
18	WED	4:45 - 7:00 (N)	4:00 - 6.30pm (P) 4:00 - 4:45 Gym	STS Camp 16th-22nd
19	THURS	off	4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym	STS Camp 16th-22nd
20	FRI	4:45 - 7:00 (N)	off	SNSW Metro Champs 20th-22nd
21	SAT	off	off	SNSW Metro Champs 20th-22nd
22	SUN	off	off	SNSW Metro Champs 20th-22nd
23	MON	4:45 - 7:00 (N)	4:00 - 6.30pm (P) 4:00 - 4:45 Gym	
24	TUES	off	4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym	
25	WED	4:45 - 7:00 (N)	4:00 - 6.30pm (P) 4:00 - 4:45 Gym	
26	THURS	off	4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym	
27	FRI	4:45 - 7:00 (N)	silver & gold session 4 to 6pm(N)	
28	SAT	6:30 - 9:00 (N) 6:30 - 7:30 Gym	off	
29	SUN	off	off	
30	MON	4:45 - 7:00 (N)	4:00 - 6.30pm (P) 4:00 - 4:45 Gym	
31	TUES	off	4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym	
1	WED	4:45 - 7:00 (N)	4:00 - 6.30pm (P) 4:00 - 4:45 Gym	
2	THURS	off	4:00/4:30 - 7:00 (N) OPS 4:00 - 5:30 / NPS 4:30 - 5:30 Gym	
3	FRI	4:45 - 7:00 (N)	silver & gold session 4 to 6pm(N)	
4	SAT	6:30 - 9:00 (N) 6:30 - 7:30 Gym	off	
5	SUN	off	off	