

## JUNIOR PERFORMANCE SQUAD TENTATIVE JULY 2018 TRAINING SCHEDULE

SUN	1	OFF	
MON	2	OFF	5:45-7:30 pm (N)
TUE	3	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	4	OFF	5:45-7:30 pm (N)
THU	5	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	6	OFF	5:45-7:30 pm (N)
SAT	7	5:45-7:30 am (N)*	OFF
SUN	8	OFF	
MON	9	OFF	5:45-7:30 pm (N)
TUE	10	5:15-7:00am (N)	3:45-5:30 pm (N)
WED	11	OFF	5:45-7:30 pm (N)
THU	12	5:15-7:00am (N)	3:45-5:30 pm (N)
FRI	13	OFF	5:45-7:30 pm (N)
SAT	14	5:45-7:30 am (N)*	OFF
SUN	15	OFF	
MON	16	OFF	5:45-7:30 pm (N)
TUE	17	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	18	OFF	5:45-7:30 pm (N)
THU	19	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	20	OFF	5:45-7:30 pm (N) NSW Metropolitan Champs (SOPAC) Day 1 Warm up - 2.30pm Start - 4pm
SAT	21	NSW Metropolitan SC Championships (SOPAC) Day 2 Warm up - 7.30am Start - 9am <u>TRAINING OFF</u>	
SUN	22	NSW Metropolitan SC Championships (SOPAC) Day 3 Warm up - 7.30am Start - 9am	
MON	23	OFF	5:45-7:30 pm (N)
TUE	24	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	25	OFF	5:45-7:30 pm (N)
THU	26	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	27	OFF	5:45-7:30 pm (N)
SAT	28	5:45-7:30 am (N)*	OFF
SUN	29	OFF	
MON	30	OFF	5:45-7:30 pm (N)
TUE	31	5:15-7:00am (KH)	3:45-5:30 pm (N)

Metropolitan Champs  
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