

## Age Performance Squad Training Schedule SEPTEMBER 2018

DAY	DATE	AM	PM	WHAT'S ON
Sat	1	5.45am – 7.30am (N)	OFF	
Sun	2	OFF	OFF	
Mon	3	4.45am – 7am (N)	3.45pm – 6pm(N)	
Tues	4	4.45am – 7am (N)	OFF	
Wed	5	OFF	3.45pm – 6pm(N)	
Thurs	6	4.45am – 7am (N)	3.45pm – 6pm(PH)	
Fri	7	4.45am – 7am (N)	3.45pm – 6pm(N)	
Sat	8	<b>COMBINE TRAINING @ RYDE WITH ALL APS SQUADS 6am - 8am 504 Victoria Rd RYDE</b>		SNSW 12/U State SC Champs 8th & 9th September
Sun	9	OFF	OFF	
Mon	10	4.45am – 7am (N)	3.45pm – 6pm(N)	
Tues	11	4.45am – 7am (N)	OFF	
Wed	12	OFF	3.45pm – 6pm(N)	
Thurs	13	4.45am – 7am (N)	3.45pm – 6pm(PH)	
Fri	14	4.45am – 7am (N)	3.45pm – 6pm(N)	
Sat	15	5.45am – 7.30am (N)	OFF	SNSW Conference
Sun	16	OFF	OFF	
Mon	17	4.45am – 7am (N)	3.45pm – 6pm(N)	
Tues	18	4.45am – 7am (N)	OFF	
Wed	19	OFF	3.45pm – 6pm(N)	
Thurs	20	4.45am – 7am (N)	3.45pm – 6pm(PH)	
Fri	21	4.45am – 7am (N)	3.45pm – 6pm(N)	
Sat	22	5.45am – 7.30am (N)	OFF	
Sun	23	OFF	OFF	
Mon	24	4.45am – 7am (N)	3.45pm – 6pm(N)	
Tues	25	4.45am – 7am (N)	OFF	
Wed	26	OFF	3.45pm – 6pm(N)	
Thurs	27	4.45am – 7am (N)	3.45pm – 6pm(PH)	
Fri	28	4.45am – 7am (N)	3.45pm – 6pm(N)	
Sat	29	5.45am – 7.30am (N) <b>YOGA 7.30am (tbc)</b>	OFF	
Sun	30	OFF	OFF	

**PLEASE CHECK SCHEDULE CAREFULLY**

**N: Narrabeen**

**PH: Pittwater House**