

Training Schedule Inclusive of All Training (Land & Swim) commencing 1 Sep 2025											
SQUADS	Mon PM	Tue PM	Wed AM	Wed PM	Thu PM	Fri AM	Fri PM	Sat AM	Sat PM	Sun AM	Sun PM
Performance 1 - Michael											
Dryland	1615-1630 (Michael)			1615-1630 (Michael)			1615-1630 (Michael)	0600-0700 (Michael)			
Swim	1630-1830	1630-1830	0515-0645	1630-1830	1630-1830	0515-0645	1630-1830	0700-0900			
Dryland		Core 1840-1915 (Michael)			Core 1840-1915 (Michael)						
COACH	Michael	Michael	Michael	Michael	Michael	Michael	Michael	Michael			
Performance 1 - Chui											
Dryland	1615-1630 (Erica)	1615-1630 (Michael)		1615-1630 (Erica)	1615-1630 (Michael)		1615-1630 (Erica)				
Swim	1630-1830	1630-1830	0515-0645	1630-1830	1630-1830	0515-0645	1630-1830	0630-0830			
Dryland								0840-0900 (Chui)			
COACH	Chui & Erica	Chui	Chui	Chui & Erica	Chui	Chui	Chui & Erica	Chui			
Performance 1 12/Under - Zento											
Dryland	1615-1630 (Zento)	1615-1630 (Zento)		1615-1630 (Zento)			1615-1630 (Zento)	0630-0655 (Zento)			
Swim	1630-1830	1630-1830	0515-0645	1630-1830		0515-0645	1630-1830	0700-0900			
COACH	Zento	Zento	Zento	Zento		(Zento)	Zento	Zento			
Competitive Squad - Chui											
Dryland											
Swim		1830-2000	0515-0645		1830-2000	0515-0645		1800-1945		1700-1900	
COACH		Chui	Chui		Chui	Chui		Chui (Jefferson cover when competition)		Chui (Jefferson cover when competition)	
Gold SCAA - Scott / Jericho / Zento											
Dryland	1805-1820 (Scott & Jericho)			1805-1820 (Scott)			1805-1820 (Scott & Jericho)		1730-1800 (Scott & Zento)	0645-0700 (Jericho)	
Swim	1820-2000		0515-0645	1820-2000		0515-0645	1820-2000		1800-1945	0700-0900	
COACH	Scott & Jericho & Zento (1830-2000)		Zento	Scott & Jericho & Zento (1830- 2000)		(Zento)	Scott & Jericho & Zento (1830-2000)		Scott & Zento	Jericho & Zento	
Silver 1 SCAA - Erica / Jeffrey											
Dryland	1815-1830 (Jefferson)			1815-1830 (Jeffrey)			1815-1830 (Jefferson)				
Swim	1830-2000			1830-2000			1830-2000			0730-0900	
COACH	Erica & Jeffrey & Jefferson			Erica & Jeffrey & Arnon (1930-2000)			Erica & Jeffrey & Jefferson			Erica & Jeffrey	
Silver 2 SCAA - Erica / Jefferson / Jeffrey											
Dryland		1815-1830 (Jefferson)			1815-1830 (Erica)			1715-1730 (Erica)			
Swim		1830-2000			1830-2000			1730-1900	0730-0900		
COACH		Jeffrey & Jefferson			Erica & Jefferson			Erica & Jefferson	Erica & Jeffrey		
Bronze 1 SCAA - Arnon / Hazel / Avery											
Dryland									Bronze 1 & 2		
Swim	1830-1930			1830-1930				1830-1930		0730-0900	
COACH	Arnon & Hazel & Avery			Arnon & Hazel & Avery				Arnon & Hazel & Avery		Arnon & Avery	
Bronze 2 SCAA - Arnon / Avery											
Dryland									Bronze 1 & 2		
Swim				1830-1930			1830-1930		1700-1800	0730-0900	
COACH				Arnon & Zento			Jericho & Avery		Arnon & Avery	Arnon & Avery	
Club Squad - Albert / Chris											
Swim		1830-1930			1830-1930			1800-1930			
COACH				Albert & Chris			Albert & Chris		Albert & Chris		