

SCAA - HWI TEAM SQUAD TRAINING XMAS PERIOD 22.12.25 - 02.01.26				
Date	Day	Events / Coach change	Squad	TIMINGS
21st	Sunday	Winter solstice	Competitive	Comp squad change to 7-9am
			All other squads - at normal time on the 21st	
22nd	Monday		P Mike	16:15 - 16:30 Activation / 16:30 - 18:30 Swim
			P Chui	16:15 - 16:30 Activation / 16:30 - 18:30 Swim
		Mike Fasching	P 12 /under	16:15 - 16:30 Activation /16:30 - 18:30 Swim
		Chui Wai Chun	Gold	18:30 - 20:00 Swim
		Mike Fasching	Silver 1	18:30 - 20:00 Swim
		Mike Fasching	Bronze 1	18:30 - 19:30 Swim
23rd	Tuesday		P Mike	16:15 - 16:30 Activation / 16:30 - 18:30 Swim
			P Chui	16:15 - 16:30 Activation / 16:30 - 18:30 Swim
		Mike Fasching	P 12 /under	16:15 - 16:30 Activation /16:30 - 18:30 Swim
			Competitive	18:30 - 20:00 Swim
		Mike Fasching	Silver 2	18:30 - 20:00 Swim
		Mike Fasching	Bronze 2	18:30 - 19:30 Swim
			Club Squad	18:30 - 19:30 Swim - Albert
24th	Wednesday		P Chui	7:00 - 9:00 Swim
			Competitive	7:00 - 9:00 Swim
		Chui Wai Chun	Gold	9:00 - 10:30 Swim - Chui
			P Mike	10:15 - 10:30 Activation /10:30 - 12:30 Swim
		Mike Fasching	P 12 /under	10:15 - 10:30 Activation /10:30 - 12:30 Swim
		Mike Fasching	Silver 1 + 2	12:30 - 14:00 Swim
		Mike Fasching	Bronze 1 + 2	12:30 - 13:30 Swim
25th	Thursday	Christmas Day	3 x Perf Squads	7:00 - 9:00 am - Swim - Coach Chui
		only Perf	NO TRAINING OTHER SQUADS ON THESE TWO DAYS	
26th	Friday	Boxing Day	3 x Perf Squads	7:00 - 9:00 am - Swim - Coach Chui
27th	Saturday		P Chui	6:45 - 9:00 Swim + Land
			Competitive	6:45 - 9:00 Swim - with Perf Chui
			P Mike	9:30 - 10:30 Land /10:30 - 12:30 Swim
		Mike Fasching	P 12 /under	9:30 - 10:30 Land / 10:30 - 12:30 Swim
		Chui Wai Chun	Gold	9:00 - 10:30 - Swim
		Mike Fasching	Silver 1 + 2	12:30 - 14:00 Swim
		Jefferson	Bronze 1 + 2	12:30 - 13:30 Swim
			Club	12:30 - 14:00 Swim - Albert
28th	Sunday	Division 1-Chui		
		Mike Fasching	Gold	7:00 - 9:00 Swim with Mike
		Mike Fasching	Competitive	7:00 - 9:00 Swim - combined with Gold
		Jefferson	Silver 1 + 2	7:30 - 9:00 Swim
		Jefferson	Bronze 1 + 2	7:30 - 9:00 Swim with Silver 1 + 2
29th	Monday		P Mike	16:15 - 16:30 Activation / 16:30 - 18:30 Swim
			P Chui	16:15 - 16:30 Activation /16:30 - 18:30 Swim
		Mike Fasching	P 12 yrs.<	16:15 - 16:30 Activation / 16:30 - 18:30 Swim
		Chui Wai Chun	Gold	18:30 - 20:00 Swim
		Mike Fasching	Silver 1	18:30 - 20:00 Swim
		Jefferson	Bronze 1	18:30 - 19:30 Swim

Date	Day	Events / Coach change	Squad	TIMINGS
30th	Tuesday		P Mike	16:15 - 16:30 Activation / 16:30 - 18:30 Swim
			P Chui	16:15 - 16:30 Activation / 16:30 - 18:30 Swim
		Mike Fasching	P 12 /under	16:15 - 16:30 Activation /16:30 - 18:30 Swim
		Chui Wai Chun	Competitive	18:30 - 20:00 Swim
		Mike Fasching	Silver 2	18:30 - 20:00 Swim
		Jefferson	Bronze 2	18:30 - 19:30 Swim
			Club Squad	18:30 - 19:30 Swim - Albert
31st	Wednesday		P Chui	7:00 - 9:00 Swim
			Competitive	7:00 - 9:00 Swim
			P Mike	10:15 - 10:30 Activation /10:30 - 12:30 Swim
		Mike Fasching	P 12 /under	10:15 - 10:30 Activation /10:30 - 12:30 Swim
		Chui Wai Chun	Gold	9:00 - 10:30 Swim
		Mike Fasching	Silver 1 + 2	12:30 - 14:00 Swim
		Jefferson	Bronze 1 + 2	12:30 - 13:30 Swim
1st	Thursday	New Year Day		ALL SQUADS OFF - NO TRAINING
2nd	Friday		EARLY MORNING	
			P Chui	AM: 5:15 - 6:45 Swim
			Competitive	AM: 5:15 - 6:45 Swim
			P Mike	AM: 8:00 - 10:00 swim
		Mike Fasching	P 12 yrs.<	AM: 8:00 - 10:00 swim
		Mike Fasching	Gold	AM: 8:00 - 10:00 swim
	Friday		AFTERNOON	
			Perf Chui	16:15 - 16:30 Activation / 16:30 - 18:30 Swim
			Perf Mike	16:15 - 16:30 Activation / 16:30 - 18:30 Swim
		Mike Fasching	Perf 12/under	16:15 - 16:30 Activation / 16:30 - 18:30 Swim
		Chui Wai Chun	Gold	18:30 - 20:00 Swim
		Mike Fasching	Silver 1	18:30 - 20:00 Swim
		Jefferson	Bronze 1	18:30 - 19:30 Swim
3rd	Saturday	All back to normal!		