

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 April 2024

April 2024		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Youth / Uni Competition	Events			
		Matt Brown	Ryan Frost	Daniel Benvenuti	Pancha Thambo	William Choi	Daniel Benvenuti				
1/04/2024	Mon AM	Cabarita: 6am - 8pm	Cabarita: 6am - 8pm		Training Cancelled	Training Cancelled		Venue Closed - Easter			
	Mon PM	Cabarita: 4pm - 6pm		Training Cancelled	Training Cancelled		Training Cancelled				
2/04/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am				School Carnival	7:45 am - 4 pm		
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	6.30pm - 7.45pm				
3/04/2024	Wed AM	5am - 7am			5am - 7am	5am - 7am		School Carnival	8 am - 3:30 pm		
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm				
4/04/2024	Thu AM		5am - 7am	5am - 7am	5am - 7am	5am - 7am		School Carnival	7 am - 5 pm		
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.30pm	6.30pm - 7.45pm				
5/04/2024	Fri AM	5am - 7am	5am - 7am	5am - 7am			5.15am - 6.45am	School Carnival	8:30 am - 3 pm		
	Fri PM	4pm - 6pm	4pm - 6pm	4pm - 6pm	4pm - 6pm	4pm - 6pm		SOPAC Swim Club Race Night	6:30 pm - 8 pm		
6/04/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am							
7/04/2024	Sun										
8/04/2024	Mon AM	Australian Age & Aus Open Train with Adam	Australian Age		5am - 7am	5am - 7am					
	Mon PM			4pm - 6.30pm: Will	4pm - 6.30pm		6.30pm - 7.45pm				
9/04/2024	Tue AM			5am - 7am: Pancha							
	Tue PM			4pm - 6.30pm: Sarah	4pm - 6.30pm	4.30pm - 6.30pm	6.30pm - 7.45pm				
10/04/2024	Wed AM					5am - 7am	5am - 7am				
	Wed PM			4pm - 6.30pm: Pancha			6.30pm - 7.45pm				
11/04/2024	Thu AM			5am - 7am: Sarah	5am - 7am	5am - 7am			School Carnival	8 am - 4 pm	
	Thu PM			4.30pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm	6.30pm - 7.45pm				
12/04/2024	Fri AM			5am - 7am: Will			5.15am - 6.45am		School Carnival	8 am - 3:30 pm	
	Fri PM			4pm - 6.30pm: Sarah	4pm - 6.30pm	4pm - 6.30pm					
13/04/2024	Sat AM			6am - 8am: Pancha					Masters NSW Championships	9 am - 3 pm	
14/04/2024	Sun			Masters NSW Championships							
15/04/2024	Mon AM			Training Cancelled			5am - 7am	5am - 7am		State Water Polo Championships	8am - 6pm
	Mon PM				4pm - 6.30pm	4pm - 6.30pm		6.30pm - 7.45pm			
16/04/2024	Tue AM	5am - 7am	5am - 7am								
	Tue PM	Training Cancelled	Training Cancelled	4pm - 6.30pm	4.30pm - 6.30pm	6.30pm - 7.45pm					
17/04/2024	Wed AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am						
	Wed PM	Training Cancelled	4pm - 6.30pm			6.30pm - 7.45pm					
18/04/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am						
	Thu PM			4.30pm - 6.30pm	4.30pm - 6.30pm	6.30pm - 7.45pm					
19/04/2024	Fri AM	5am - 7am	5am - 7am			5.15am - 6.45am					
	Fri PM	Training Cancelled	Training Cancelled	4pm - 6.30pm	4pm - 6.30pm						
20/04/2024	Sat AM	6am - 7.30am	6am - 7.30am								
21/04/2024	Sun	NSW Water Polo + Swim West Carnival									
22/04/2024	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am		State Water Polo Championships	8am-6pm		
	Mon PM	Cabarita 4pm - 6.00pm	Cabarita 4pm - 6.00pm	4pm - 6.30pm	4pm - 6.30pm		6.30pm - 7.45pm				
23/04/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am							
	Tue PM	Cabarita 4pm - 6.00pm	Cabarita 4pm - 6.00pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	6.30pm - 7.45pm				
24/04/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am					
	Wed PM	Cabarita 4pm - 6.00pm	Cabarita 4pm - 6.00pm	4pm - 6.30pm			6.30pm - 7.45pm				
25/04/2024	Thu AM Thu PM	Anzac Day - Public Holiday									
26/04/2024	Fri AM	5am - 7am	5am - 7am	5am - 7am			5.15am - 6.45am	Australian Water Polo League Finals Series	9am-4.30pm		
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm					
27/04/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am							
28/04/2024	Sun										
29/04/2024	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am	5.15am - 6.45am				
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm						
30/04/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am							
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm				

Training Cancelled
 Training Change
 Pool Session - Training Pool