

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 December 2025

All sessions at SOPAC will be in training pool due to major events in comp and utility pool

December 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathhead	George Harnetty	Chelsea Black	Matthew Kearney	Ian Park/Jorden Pavlovski
1/12/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am
	Mon PM	4pm - 6.30pm	4pm - 6.30pm			
2/12/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Tue PM	4pm - 6.30pm				
3/12/2025	Wed AM		5am - 7am		5am - 7am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm			
4/12/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am
	Thu PM	4pm - 6.30pm				
5/12/2025	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Fri PM					
6/12/2025	Sat AM	6am - 8am	6am - 8am	6am - 7:30am	6am - 7:30am	
7/12/2025	Sun					
8/12/2025	Mon AM	5am - 7am		5am - 7am		5.45am-7.00am
	Mon PM	4pm - 6.30pm	4pm - 6.30pm			
9/12/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Tue PM					
10/12/2025	Wed AM		5am - 7am		5am - 7am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm			
11/12/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am
	Thu PM					
12/12/2025	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Fri PM					
13/12/2025	Sat AM			6am - 7:30am	6am - 7:30am	
14/12/2025	Sun					
15/12/2025	Mon AM	Senior State Age Championships			5am - 7am	5.45am-7.00am
	Mon PM					
16/12/2025	Tue AM				5am - 7am	5.45am-7.00am
	Tue PM					
17/12/2025	Wed AM				5am - 7am	5.45am-7.00am
	Wed PM					
18/12/2025	Thu AM				5am - 7am	5.45am-7.00am
	Thu PM					
19/12/2025	Fri AM				5am - 7am	5.45am-7.00am
	Fri PM					
20/12/2025	Sat AM					
21/12/2025	Sun					
22/12/2025	Mon AM	Squad Break				
	Mon PM					
23/12/2025	Tue AM					
	Tue PM					
24/12/2025	Wed AM					
	Wed PM					
25/12/2025	Thu AM					
	Thu PM					
26/12/2025	Fri AM					
	Fri PM					
27/12/2025	Sat AM					
28/12/2025	Sun					
29/12/2025	Mon AM					
	Mon PM					
30/12/2025	Tue AM					
	Tue PM					
31/12/2025	Wed AM					
	Wed PM					

Training Offsite (Auburn)

No Training

Pool Session - Training Pool