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 Greathead	George Harnetty	Chelsea Black	Matthew Kearney	lan Park/Jorden Pavlovski
4/40/0005	Mon AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am
1/12/2025	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		<u> </u>		
3/12/2025	Wed AM		5am - 7am		5am - 7am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm		ouiii ruiii	
	Thu AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am
4/12/2025	Thu PM	4pm - 6.30pm	oun run	Juni 7 um		0. 10diii 7.00diii
5/12/2025	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Fri PM	oam ram	Juni Funi	ouiii ruiii		0.1047.1004
6/12/2025	Sat AM	6am - 8am	6am - 8am	6am - 7:30am	6am - 7:30am	
7/12/2025	Sun	oam oam	oum oum	0411 7.00411	oum 1.ooum	
	Mon AM	5am - 7am		5am - 7am		5.45am-7.00am
8/12/2025	Mon PM	4pm - 6.30pm	4pm - 6.30pm	oum rum		0. 10diii 7.00diii
	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
9/12/2025	Tue PM	Jani - Tani	Julii - 7 uiii	Sam - ram	Julii - 7 ulli	0.40diii-7.00diii
	Wed AM		5am - 7am		5am - 7am	
10/12/2025	Wed PM	4pm - 6.30pm	4pm - 6.30pm		Jaiii • I aiii	
	Thu AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am
11/12/2025		Saili - Taili	Jaili - Taili	Jaiii - 7aiii		5.45am-7.00am
	Thu PM	5om 7om	Som Zom	5am 7am	5am - 7am	5.45am 7.00am
12/12/2025	Fri AM	5am - 7am	5am - 7am	5am - 7am	Jani - / am	5.45am-7.00am
	Fri PM			6om 7:20om	6om 7:20am	
13/12/2025	Sat AM			6am - 7:30am	6am - 7:30am	
14/12/2025	Sun				F 7	5 45 7 00
15/12/2025	Mon AM	Senior State Age Championships			5am - 7am	5.45am-7.00am
16/12/2025	Mon PM					5.45 7.00
	Tue AM				5am - 7am	5.45am-7.00am
	Tue PM				F 7	5 45 7 00
17/12/2025	Wed AM				5am - 7am	5.45am-7.00am
18/12/2025	Wed PM				F 7	F 45 7 00
	Thu AM				5am - 7am	5.45am-7.00am
	Thu PM					F 45 7 00
19/12/2025	Fri AM				5am - 7am	5.45am-7.00am
20/42/2025	Fri PM					
20/12/2025	Sat AM			1		
21/12/2025	Sun					
22/12/2025	Mon AM					
	Mon PM					
	Tue ANA					
23/12/2025	Tue AM					
	Tue PM					
	Wed AM					
24/12/2025						
	Wed PM					
25/12/2025	Thu AM					
	Thu PM	Squad Break				
	F.:: A B 4					
26/12/2025	Fri AM					
20/12/2025	Fri PM					
07/40/0005						
27/12/2025	Sat AM					
28/12/2025	Sun					
29/12/2025	Mon AM					
	Mon PM					
20/40/2025	Tue AM					
30/12/2025	Tue PM					
31/12/2025	I MAA AMI					
31/12/2025	Wed AM Wed PM					

Training Offsite (Auburn)
No Training
Pool Session - Training Pool