

## COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 March 2026

March 2026		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathead	George Harnetty	Chelsea Black	Matthew Kearney	Ian Park/Jorden Pavlovski
1/03/2026	Sun					
2/03/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	Cancelled		Moved to Mon AM
3/03/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Tue PM	4pm - 6.30pm			Moved to Tue AM	Moved to Tue AM
4/03/2026	Wed AM		5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	Moved to Wed AM		
5/03/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Thu PM	4pm - 6.30pm			Moved to Thu AM	Moved to Thu AM
6/03/2026	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Fri PM			Moved to Fri AM		Cancelled
7/03/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am	
8/03/2026	Sun					
9/03/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	Cancelled		Moved to Mon AM
10/03/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Tue PM	4pm - 6.30pm			Moved to Tue AM	Moved to Tue AM
11/03/2026	Wed AM		5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	Moved to Wed AM		
12/03/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Thu PM	4pm - 6.30pm			Moved to Thu AM	Moved to Thu AM
13/03/2026	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Fri PM			4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
14/03/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am	
15/03/2026	Sun					
16/03/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
17/03/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
18/03/2026	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
19/03/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
20/03/2026	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Fri PM			Moved to Fri AM		Cancelled
21/03/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am	
22/03/2026	Sun					
23/03/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	Cancelled		Moved to Mon AM
24/03/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
25/03/2026	Wed AM		5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
26/03/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
27/03/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM			4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
28/03/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am	
29/03/2026	Sun					
30/03/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
31/03/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm

Training Cancelled

Training Change

Pool Session - Training Pool

Training Offsite