



Aquatic Life skills from infants to internationals

Competitive Squads Practice Schedule 2011

Squad Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competition Sharks						
Am						
Pm	3.30-4.15	3.30-4.15	3.30-4.15	3.30-4.15		
Juniors						
Am						8.00-9.30
Pm	4.05-5.15	4.05-5.15	4.05-5.15	4.05-5.15		
Rising Star						
Am	5.20-7.00					8.00-9.30
Pm	4.05-5.15	4.05-5.15	4.05-5.15	4.05-5.15		
Age Group						
Am	5.20-7.30	5.20-7.30		5.20-7.30	5.20-7.30	5.45-8.00
Pm	5.00-7.00	5.00-7.00	5.00-7.00	5.00-7.00		
Open						
Am	5.20-7.30	5.20-7.30	5.20-7.30	5.20-7.30	5.20-7.30	5.45-8.00
Pm	5.00-7.00	5.00-7.00	5.00-7.00	5.00-7.00		

Competitive Squads Training Equipment List 2011



Gear bags to carry gear in can be purchased from pool , Rebel Sport . Please make sure all gear is named , and the responsibility for putting gear away is that of the swimmers. Other equipment can also be purchased at the pool or Rebel sport . Any queries please ask .

Jeremy.

