



Schedules 2022 : Squad Term 2 : 6th January - 10th April (13-Week term)

SQUAD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sessions / week
National Performance (Weight training not detailed)	05:15 - 08:30 AM coach Xavier @Berkeley	05:15 - 08:30 AM coach Xavier @Berkeley	05:15 - 08:30 AM coach Xavier @Berkeley	05:15 - 08:30 AM coach Xavier @Berkeley	05:15 - 08:30 AM coach Xavier @Berkeley	06:30 - 0930Am coach Xavier @Berkeley	OFF	Open 10
	16:30 - 19:30PM coach Xavier @Berkeley	16:30 - 19:30PM coach Xavier @Berkeley	OFF	16:30 - 19:30PM coach Xavier @Berkeley	16:30 - 19:30PM coach Xavier @Berkeley	OFF		Min 10
Junior Performance	05:15 - 07:00Am coach Bank @Berkeley	05:15 - 07:00Am coach Bank @Berkeley	05:15 - 07:00Am coach Bank @Berkeley	05:15 - 07:00Am coach Bank @Berkeley	05:15 - 07:00Am coach Bank @Berkeley	06:30 - 0930Am coach Bank @Berkeley	OFF	Open 10
	16:30 - 19:30PM coach Bank @Berkeley	16:30 - 19:30PM coach Bank @Berkeley	OFF	16:30 - 19:30PM coach Bank @Berkeley	16:30 - 19:30PM coach Bank @Berkeley	OFF		Min 6
Junior Development	17:00 - 19:00PM coach Lok @Berkeley	05:45 - 07:00AM coach Lok @BEST	17:00 - 19:00PM coach Lok @Berkeley	05:45 - 07:00AM coach Lok @BEST	OFF	06:30 08:30AM coach Lok @Berkeley	06:00 - 07:30Am coach Lok @BEST	Open 8
		17:30 - 19:30PM coach Lok @BEST (Incl.Landwork)		17:30 - 19:30PM coach Lok @BEST				Min 5
Gold	18:15 - 19:45PM coach Top @BEST	16:00 - 17:30PM coach Lok @BEST	18:15 - 19:45PM coach Top @BEST	16:00 - 17:30PM coach Lok & coach Top @BEST	18:15 - 19:45PM coach Top @BEST	08:30 - 10:00AM coach Lok @Berkeley	07:30 - 09:00AM coach Lok @BEST	Open 7
								Min 4
Silver	17:00 - 18:15PM coach Top @BEST	17:00 - 18:15PM coach Top @BEST	17:00 - 18:15PM coach Top @BEST	17:30 - 18:45PM coach Top @BEST	17:00 - 18:15PM coach Top @BEST	09:00 - 10:00AM coach Top @Berkeley	OFF	Open 6
								Min 3
Bronze	16:00 - 17:00Pm coach Top @BEST	16:00 - 17:00PM coach Top @BEST	16:00 - 17:00PM coach Top @BEST	OFF	16:00 - 17:00PM coach Top @BEST	10:00 - 11:00AM coach TOP @Berkeley	OFF	Open 5
								Min 2
Master	OFF	06:00 - 07:00 / 07:00 - 08:00 coach Bow @BEST 18:00 - 19:30 / 19:30 - 21:00PM coach Bow @BEST	18:00 - 19:30 / 19:30 - 21:00PM coach Bow @BEST	06:00 - 07:00 / 07:00 - 08:00AM coach Top @BEST	18:00 - 19:00 / 19:30 - 21:00PM coach Boe @BEST	OFF	OFF	*Minimum 4 Swimmers per session

