

## NATIONAL SWIM SQUAD TRAINING SEPTEMBER TO NOVEMBER (2005)

DS     Development Squad  
 JS     Junior Squad  
 SS     Senior Squad

ALL SESSIONS ARE AT THE NATIONAL STADIUM POOL, WE ARE AIMING TO HAVE THE SQUAD CAMP FOR THIS TERM FROM DECEMBER 27<sup>TH</sup> TO 31<sup>ST</sup>.

Wed	Sept 21	5.00 – 6.45am	SS	
Wed	Sept 21	4.00 – 6.00pm	JS	
Fri	Sept 23	3.00 – 5.00pm	SS	
Mon	Sept 26	5.00 – 6.45am	JS	
Mon	Sept 26	4.00 – 6.00pm	SS	
Wed	Sept 28	5.00 – 6.45am	SS,JS	
Wed	Sept 28	4.00 – 6.00pm	DS	
Fri	Sept 30	3.30 - 5.30pm	JS	
Sat	Oct 1	6.00 – 8.00am	SS	Dryland & Swim
Mon	Oct 3	5.00 – 6.45am	JS	
Mon	Oct 3	4.00 – 6.00pm	DS,SS	
Wed	Oct 5	5.00 – 6.45am	SS	
Wed	Oct 5	4.00 – 6.00pm	JS	
Fri	Oct 7	3.30 – 5.30pm	SS	
Mon	Oct 10	5.00 – 6.45am	JS	
Mon	Oct 10	4.00 – 6.00pm	SS	
Wed	Oct 12	5.00 – 6.45am	SS	
Fri	Oct 14	3.00 – 5.00pm	DS	
Wed	Oct 19	5.00 – 6.45am	SS	
Wed	Oct 19	4.00 – 6.00pm	JS	
Mon	Oct 24	4.00 – 6.00pm	SS	
Wed	Oct 26	5.00 – 6.45am	JS,SS	
Wed	Oct 26	4.00 – 6.00pm	DS	
Sat	Oct 29	6.00 – 8.00am	SS	
Mon	Oct 31	5.00 – 6.45am	JS	
Mon	Oct 31	4.00 – 6.00pm	DS	
Wed	Nov 2	5.00 – 6.45am	SS	
Wed	Nov 2	4.00 – 6.00pm	JS	
Fri	Nov 4	3.30 – 5.30pm	SS	
Mon	Nov 7	4.00 – 6.00pm	DS	
Wed	Nov 9	5.00 – 6.45am	SS,JS	
Wed	Nov 9	4.00 – 6.00pm	JS	
Fri	Nov 9	5.00 – 6.45am	SS	
Mon	Nov 14	5.00 – 6.45am	JS	
Mon	Nov 14	4.00 – 6.00pm	SS	

Wed	Nov 16	5.00 – 6.45am	SS	
Wed	Nov 16	4.00 – 6.00pm	DS	
Sat	Nov 19	6.00 – 8.00am	DS,JS,SS	Inter Squad
Competition				
Mon	Nov 21	4.00 – 6.00pm	JS,SS	
Wed	Nov 23	5.00 – 6.45am	SS	
Wed	Nov 23	4.00 – 6.00pm	DS	
Fri	Nov 25	5.00 – 6.45am	SS	
Mon	Nov 28	5.00 – 6.45am	JS	
Mon	Nov 28	4.00 – 6.00pm	SS	
Wed	Nov 30	5.00 – 6.45am	SS	
Wed	Nov 30	4.00 – 6.00pm	DS	