

NATIONAL SQUAD SCHEDULE NOVEMBER – DECEMBER 2008

| Date | Time | Group | Coach |
|-------------|---------------|-------|-------|
| Wed Nov 5 | 4.55 – 6.45am | JS/SS | JW |
| Wed Nov 5 | 4.15 – 5.45pm | DS | JW |
| Fri Nov 7 | 4.55 – 6.45am | SS | JW |
| Mon Nov 10 | 4.55 – 6.45am | JS | NB |
| Tues Nov 11 | 4.55 – 6.45am | SS | JW |
| Wed Nov 12 | 4.55 – 6.45am | JS/SS | LL |
| Wed Nov 12 | 4.15 – 5.45pm | DS | JW |
| Mon Nov 17 | 4.55 – 6.45am | JS/SS | JW |
| Mon Nov 17 | 4.15 – 6.15pm | SS | JW |
| Wed Nov 19 | 4.55 - 5.45am | JS | NB |
| Fri Nov 21 | 5.30 – 6.45am | DS | MJ |
| Mon Nov 24 | 4.15 – 5.45pm | DS | SB |
| Tues Nov 25 | 4.55 – 6.45am | JS/SS | JW |
| Wed Nov 26 | 4.15 – 6.00pm | JS/SS | JW |
| Mon Dec 1 | 4.55 – 6.45am | SS | JW |
| Mon Dec 1 | 4.00 – 6.00pm | JS | MJ |
| Wed Dec 3 | 4.55 – 6.45am | JS/SS | LL/NB |
| Wed Dec 3 | 3.30 – 5.00pm | DS | JW |
| Fri Dec 5 | 4.55 – 6.45am | SS | JW |
| Tues Dec 9 | 4.55 – 6.45am | SS | JW |
| Wed Dec 10 | 4.55 – 6.45am | JS | NB |
| Fri Dec 12 | 5.30 – 6.45am | DS | MJ |
| Mon Dec 15 | 4.00 – 5.30pm | DS | SB |
| Wed Dec 17 | 4.55 – 6.45am | JS/SS | JW |

Dec 27 – 30 Camp with Coach Rob Emary of Broward Aquatics Swim Club, Florida. This year swimmers will be invited to the camp based on their attendance at squad and club training and on the recommendation of their club coach. Also swimmers who are presently not on squad, but are in the top 5 in the rankings, maybe invited after consultation with their club coach.