

Squad Timetable Term 2 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7.30 AM	Masters State / National Anita	State/NT Adam	Masters State / National Anita	State/NT Adam	Masters State / National Anita		
7.30-8.30 AM	Adult Stroke/Fitness Anita		Adult Stroke/Fitness Anita		Adult Stroke/Fitness Anita	Junior Development 7.30AM – 9AM Adam	
8.30-9.30 AM	Adult Stroke/Fitness Anita		Adult Stroke/Fitness Anita		Adult Stroke/Fitness Anita	Masters 8.30-10am State / National Anita Stroke Dev (FT) 9 – 10am Adam	
4-5PM	Stroke Dev (FT) Adam/Jennie			Stroke Dev (FT) Adam/Jennie		Fast Track/ 4 - 5PM Adam/Adrian Pre-Sq/ Dev/State 4.30-6PM	Fast Track/Pre Squad 3-4PM Adrian
5 - 6.30PM	Junior Development Adam/Jennie Pre Squad/Dev	Junior Development Adam/Arun Pre Squad/Dev	Junior Development Adam/Jennie	Junior Development Adam/Arun Pre Squad/Dev	Junior Development Pre Squad /Dev 4.30-6pm Adam		
5-6.30PM	State/NT Anita	State/NT Leana	State/NT Anita	State/NT Anita	4.30-6.30PM State/NT 4.30-5.30 Fast Track 4.30-6PM Pre/Dev Anita/Arun		
6.30-7.30PM		Masters/Adult stroke Leana					

Key

Prahran

Melbourne High (SYSC)

Lauriston