

Squad Timetable Term 3 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	Pre Squad (Formerly 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 Fast Track (Formerly Stroke Dev) 9 – 10am Adam	
4-5PM	Fast Track (formerly Stroke Development) Adam/Jennie		Fast Track (formerly Stroke Development) Jennie			Fast Track/ 4 - 5PM Adam/Adrian Pre-Sq/ Dev/State 4.30-5.45PM	Fast Track/Pre Squad 3-4PM Adrian
4.30-6pm				Pre Squad (formerly Junior Development) & Development Squad Adam/Arun	Pre Squad (formerly Junior Development) & Development Squad Adam		
5 - 6.30PM	Pre Squad (formerly Junior Development) & Development Squad Adam/Jennie	Pre Squad (formerly Junior Development) & Development Squad Adam/Arun	Pre Squad (formerly Junior Development) & Development Squad Adam/Jennie				
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/Leana		
6.30-7.30PM		Masters/Adult stroke Leana					

Key:

Prahran

Melbourne High (SYSC)

Lauriston