APRIL TRAINING
NATIONAL AND STATE TEAMS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	31/03/14	**1/04/14**	**2/04/14**	**3/04/14**	**4/04/14**	**5/04/14**	**6/04/14**	
SQUAD		NAT AND STATE		NAT AND STATE				SQUAD
AM	NO TRAINING	5.45 - 7.30	NO TRAINING	5.45 - 7.30	NO TRAINING	7.30 - 9.00		AM
COACH		CHRIS		CHRIS		LEANA	METRO SOUTH COMP MSAC	COACH
SQUAD	STATE AND NATIONAL							SQUAD
PM	5.00 - 6.30	6.30 - 7.30	5.00 - 6.30	6.30 - 7.30	4.30 - 6.30			PM
COACH	ANITA	LEANA	CHRIS	LEANA	TBC			COACH
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	
	7/04/14	**8/04/14**	**9/04/14**	**10/04/14**	**11/04/14**	**12/04/14**	**13/04/14**	
SQUAD	NATIONAL AGE ONLY							SQUAD
AM	8.30 - 9.30	5.45 - 7.30	8.30 - 9.30	5.45 - 7.30	8.30 - 9.30	9.00 - 10.00		AM
COACH	ANITA	LEANA	ANITA	LEANA	ANITA	ANITA		COACH
SQUAD	NO TRAINING							SQUAD
PM								PM
COACH								COACH
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	
	14/04/14	**15/04/14**	**16/04/14**	**17/04/14**	**18/04/14**	**19/04/14**	**20/04/14**	
SQUAD	NO TRAINING							SQUAD
AM								AM
COACH								COACH
SQUAD								SQUAD
PM								PM
COACH								COACH
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	
	21/04/14	**22/04/14**	**23/04/14**	**24/04/14**	**25/04/14**	**26/04/14**	**27/04/14**	
SQUAD	NO TRAINING			NAT AND STATE				SQUAD
AM	NO TRAINING			5.45 - 7.30	NO TRAINING	NO TRAINING		AM
COACH				TBC	ANZAC	WEEKEND		COACH
SQUAD	ALL SQUADS							SQUAD
PM	NO TRAINING	6.30 - 7.30	5.00 - 6.30	6.30 - 7.30	NO TRAINING			PM
COACH		LEANA	LEANA	LEANA				COACH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	28/04/14	**29/04/14**	**30/04/14**	**1/05/14**	**2/05/14**	**3/05/14**	**4/05/14**	
SQUAD		NAT AND STATE		NAT AND STATE		NAT & STATE		SQUAD
AM	NO TRAINING	5.45 - 7.30	NO TRAINING	5.45 - 7.30	NO TRAINING	7.30 - 9.00		AM
COACH		TBC		TBC		LEANA		COACH
SQUAD	STATE AND NATIONAL							SQUAD
PM	5.00 - 6.30	6.30 - 7.30	5.00 - 6.30	6.30 - 7.30	4.30 - 6.30			PM
COACH	ARUN	LEANA	TBC	LEANA	TBC			COACH