## **SENIOR SQUAD**

MEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	August 12th	August 13	August 14	August 15	August 16	August 17	August 18
Before School				6:00am - 7:20am	6:00am - 7:20am	Outside Coach	Day
After			3:30pm - 5:30pm			Swim Option	Off
School			(Dryland)				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 2	August 19th	August 20	August 21	August 22	August 23	August 24	August 25
Before	6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am	6:00am - 7:40am	Outside Coach Swim Option	Day Off
School After	3:30pm - 5:30pm		3:30pm - 5:30pm		(Buffet Breakfast)		
School	(50m Pool)		(Dryland)				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 3	August 26th	August 27	August 28	August 29	August 30	August 31	September 1
Before	6:00am - 7:20am	6:00am - 7:20am	, ,	6:00am - 7:20am	6:00am - 7:20am		·
School After		0.000111 - 7.200111	3:30pm - 5:30pm	0.00diii = 7.20diii	0.000	Outside Coach Swim Option	Day Off
School	3:30pm - 5:30pm (50m Pool)		(Dryland)			Owin Opaon	011
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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before	September 2 6:00am - 7:20am	September 3 6:00am - 7:20am	September 4	September 5 6:00am - 7:20am	September 6 6:00am - 7:20am	September 7	September 8
School	(Coach Sue)	(Coach Lucky)		(Coach Sue)	(Coach Lucky)	Outside Coach	Day
After School						Swim Option	Off
WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 9	September 10	September 11	September 12	September 13	September 14	September 15
Before School	6:00am - 7:20am (Coach Sue)	6:00am - 7:20am		6:00am - 7:20am		Mid-Autumn	
After			3:30pm - 5:30pm			Festival	
School			(Dryland)				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 6	September 16	September 17	September 18	September 19	September 20	September 21	September 22
Before School	6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am		Cusina Tanana	Devi
After	3:30pm - 5:30pm		3:30pm - 5:30pm			Swim Team Time Trial	Day Off
School	(50m Pool)		(Dryland)				
WEEK 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 23	September 24	September 25	September 26	September 27	September 28	September 29
Before	6:00am - 7:20am	6:00am - 7:20am	·	6:00am - 7:20am	6:00am - 7:20am		·
School After	3:30pm - 5:30pm		3:30pm - 5:30pm				
School	(50m Pool)		(Dryland)				
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WEEK 8	Monday September 30	Tuesday October 1	October 2	October 3	Friday October 4	Saturday October 5	Sunday October 6
Before	September 30	October 1	October 2	October 3	October 4	October 5	October 0
School				Chinese National			
After School				Day Holiday			
WEEK 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday October 12
Before	October 7	October 8	October 9	October 10	October 11	October 12	October 13
School		6:00am - 7:20am		6:00am - 7:20am	6:00am - 7:20am	Outside Coach	Day
After School			3:30pm - 5:30pm (Dryland)			Swim Option	Off
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WEEK 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 14	October 15	October 16	October 17	October 18	October 19	October 20
Before School	6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am	6:00am - 7:40am (Buffet Breakfast)	SSL Round 1	SSL Round 1
After	3:30pm - 5:30pm		3:30pm - 5:30pm		,	@ SCISQ	@ SCISQ
School	(50m Pool)		(Dryland)				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 10	October 21	October 22	October 23	October 24	October 25	October 26	October 27
	OOLODGI Z I					Development	Davi
Before School	6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am	6:00am - 7:20am	Development	Day
Before School After			3:30pm - 5:30pm	6:00am - 7:20am	6:00am - 7:20am	Development Series Round 1	Day Off