

## SENIOR SQUAD

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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 Swim Option	Day Off
After School			3:30pm - 5:30pm (Dryland)				

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 19th	August 20	August 21	August 22	August 23	August 24	August 25
Before School	6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am	6:00am - 7:40am (Buffet Breakfast)	Outside Coach Swim Option	Day Off
After School	3:30pm - 5:30pm (50m Pool)		3:30pm - 5:30pm (Dryland)				

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 26th	August 27	August 28	August 29	August 30	August 31	September 1
Before School	6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am	6:00am - 7:20am	Outside Coach Swim Option	Day Off
After School	3:30pm - 5:30pm (50m Pool)		3:30pm - 5:30pm (Dryland)				

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 2	September 3	September 4	September 5	September 6	September 7	September 8
Before School	6:00am - 7:20am (Coach Sue)	6:00am - 7:20am (Coach Lucky)		6:00am - 7:20am (Coach Sue)	6:00am - 7:20am (Coach Lucky)	Outside Coach Swim Option	Day Off
After School							

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 Festival		
After School			3:30pm - 5:30pm (Dryland)				

WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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		Swim Team Time Trial	Day Off
After School	3:30pm - 5:30pm (50m Pool)		3:30pm - 5:30pm (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 School	6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am	6:00am - 7:20am		
After School	3:30pm - 5:30pm (50m Pool)		3:30pm - 5:30pm (Dryland)				

WEEK 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 30	October 1	October 2	October 3	October 4	October 5	October 6
Before School	Chinese National Day Holiday						
After School							

WEEK 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 7	October 8	October 9	October 10	October 11	October 12	October 13
Before School		6:00am - 7:20am		6:00am - 7:20am	6:00am - 7:20am	Outside Coach Swim Option	Day Off
After School			3:30pm - 5:30pm (Dryland)				

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 @ SCISQ	SSL Round 1 @ SCISQ
After School	3:30pm - 5:30pm (50m Pool)		3:30pm - 5:30pm (Dryland)				

WEEK 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 21	October 22	October 23	October 24	October 25	October 26	October 27
Before School	6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am	6:00am - 7:20am	Development Series Round 1	Day Off
After School	3:30pm - 5:30pm (50m Pool)		3:30pm - 5:30pm (Dryland)				