

## Bayside Squad Timetable T1 2010

### "8 SQUAD" TIMETABLE

Coach: Gus, John Counsel & Nic Baker

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	6:00 – 7:15 Distance Open Swimmers St Leo John  5:30 – 7:30 National Age Qualifiers MG Gus	5.30 - 7:15 MG John / Nic	5.30 - 7:15 MG Skills & Drills Gus	5.30 - 7.00 WAVES Gus	5.30 - 7:15 MG John / Nic	6.30 - 8.45 St Leo Vanessa  7:00 – 9:00 National Age Qualifiers / Open MSAC Gus / John	Off
PM	5.15 - 7.00 St Leo Gus	GYM 4:15 – 5:15 Richard	5.15 - 7.00 St Leo Gus	GYM 4:15 – 5:15 Richard	3:00 – 4:30 Open St Leo Gus / John / Nic  4.30 - 6.00 St Leo Gus / John / Nic	Off	GYM 3:00 – 5:00 Richard

**"6 SQUAD" TIMETABLE****Coach: Vanessa Cheng**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	5.30 - 7.15 MG Vanessa	5.30 - 7.15 MG John / Nic	5.15 - 7.15 MG Vanessa / Gus	5.30 - 7.15 MG Vanessa	5.30 - 7.15 MG Vanessa / Nic	6.30 - 8.45 St Leo Vanessa	Off
PM	5.15 - 7.00 St Leo Gus	GYM 5:15 – 6:15 Richard	Off	Off	5:30 – 7:30 MG Ben	Off	GYM 3:00 – 5:00 Richard

Parents please note: swimmers are required to have either Wed or Thurs morning sleep in.

**"STATE SQUAD" TIMETABLE****Coach: Matt Bardoel**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	5.30 - 7.30 MG MG	Off	5.30 - 7.30 MG	5.30 - 7.30 MG	Off	6.30 - 8.30 MG	Off
PM	Off	5.30 – 7:15 MG	Off	Off	5.30 - 7.30 MG	Off	Off

**"4 SQUAD" TIMETABLE**

**Coach: Gavin Joseph**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	Off	Off	Off	Off	Off	Off	Off
PM	6.15 - 7.45 MG	6.15 - 7.45 MG	6.15 - 7.45 MG	6.15 - 7.45 MG	Off	Off	Off

**Bayside Squad Timetable**

**"DISTRICT SQUAD" TIMETABLE**

**Coach: Ben Drysdale**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	Off	Off	Invite only	Off	Off	7:00 – 8:30 MG	Off
PM	6.15 – 7.45 MG	6.15 – 7.45 MG	6.15 – 7.45 MG	Off	4.00 – 5.30 MG	Off	Off

**“JUNIOR SQUAD” TIMETABLE****Coach: Andrew Hammond, Ben Drysdale**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	Off	Off	Off	Off	Off	9.45 – 10.45 MG Ben	Off
PM	5.00 - 6.00 MG	4.15 – 5.15 MG	5.00 – 6.00 MG	4.15 – 5.15 MG	4.00 – 5.00 MG	Off	Off

**“INTRO SQUAD” TIMETABLE****Coach: Andrew Hammond**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM	Off	Off	Off	Off	Off	9.00 – 9.45 MG	Off
PM	4.00 – 4.45 MG	5.15 – 6.00 MG	4.00 – 4.45 MG	OFF	OFF	Off	Off