

SEPT-OCTOBER SCHOOL HOLIDAYS 2017

“HELL WEEK” GOLD SQUAD Sept 25 th -29 th	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	7:00–10:00am @LC Stretching & Mobility 30mins Swim 2hrs BBQ & Intro: 30mins	6:00–9:30am @LC Swim 2hrs Food 30mins Stretch 30mins The Importance of Skills! 30mins	10:30-12:00 @ LC Non-Swim Morning Activity / Sport @ Pottery Green	6:00–9:30am @LC Dryland 30mins Swim 2hrs Food 30mins What NOW? 30mins	5:30-7:00am @LC PLEASE COACH: “Can I have some more.....” Ok – Let’s do it	
PM		Swim @ Wenona Skills Session Anaerobic Set 1:00 – 3:00pm	12:00–2:30?pm @LC Beyond 7km's !!!!!!+?	Swim @ Wenona Relay Skills 1:00 – 3:00pm		

**HELL WEEK is about Learning, Rehearsing & Getting it DONE!! (You will attend ALL sessions)
It is strictly for LCSC Competitive members who are 12 & over (by Nationals 2017 - aka Gold & Target)**

SEPT-OCTOBER SCHOOL HOLIDAYS 2017

25 th -30 th Sept	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Development	(I) 3:30 - 4:05pm		(I) 3:30 - 4:05pm			
Mini	(I) 4:05 - 4:55pm	(I) 7:30 - 8:30am	(I) 4:05 - 4:55pm	(I) 7:30 - 8:30am		
Junior	(I) 4:55 - 5:55pm	(I) 7:30 - 8:30am	(I) 4:55 - 5:55pm	(I) 7:30 - 8:30am	(O) 7:00 - 8:00am	
Sprint	(O) 5:30 - 7:00am (O) 4:30 - 6:00pm		(O) 5:30 - 7:00am (O) 4:30 - 6:00pm		(O) 5:30 - 7:00am	
BLUE	(O) 4:30 - 6:00pm	(I) 7:00 - 8:30am	(O) 4:30 - 6:00pm	(I) 7:00 - 8:30am	(O) 7:00 - 8:30am	
GOLD "HELL WEEK" <small>see schedule above</small>	LC: 7:00-10:00am	LC: 6:00-9:30am Wen: 1:00-3:00pm	LC: 10:00am - Through 2:30pm	LC: 6:00-9:30am Wen: 1:00-3:00pm	LC: 5:30-7:00am	
Adult	(O) 5:30 - 7:00am (O) 6:00 - 7:15pm	(O) 9:00 - 10:15am	(O) 5:30 - 7:00am	(O) 9:00 - 10:15am	(O) 5:30 - 7:00am	

SEPT-OCTOBER SCHOOL HOLIDAYS 2017

2 nd -7 th Oct	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Development			(I) 3:30 - 4:05pm			
Mini		(I) 7:30 - 8:30am (I) 4:05 - 4:55pm	(I) 4:05 - 4:55pm	(I) 7:30 - 8:30am (I) 4:05 - 4:55pm		
Junior	PUBLIC	(I) 7:30 - 8:30am (I) 4:55 - 5:55pm	(I) 4:55 - 5:55pm	(I) 7:30 - 8:30am (I) 4:55 - 5:55pm	(O) 7:00 - 8:00am	
Sprint	HOLIDAY	(O) 4:30 - 6:00pm	(O) 5:30 - 7:00am (O) 4:30 - 6:00pm	(O) 4:30 - 6:00pm	(O) 5:30 - 7:00am	
BLUE	NO	(I) 7:00 - 8:30am (O) 4:30 - 6:00pm	(O) 4:30 - 6:00pm	(I) 7:00 - 8:30am (O) 4:30 - 6:00pm	(O) 7:00 - 8:30am	
GOLD	TRAINING	(O) 3:30 - 6:00pm	(O) 5:30 - 7:30am (O) 3:30 - 6:00pm	(O) 3:30 - 6:00pm	(O) 5:30 - 7:30am	
Adult		(O) 9:00 - 10:15am	(O) 5:30 - 7:00am	(O) 9:00 - 10:15am	(O) 5:30 - 7:00am	