

Emerging National Squad - 2018 / 2019 Summer Season

(2 hours session duration)

	Monday	Tuesday	Wednesday	Thursday	Friday
HBF - Morning		5:30am (Land/Swim)		5:30am (Land/Swim)	
HBF - Afternoon	5:00pm	5:00pm	5:00pm	5:00pm	5:00pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UWA - Morning						6:00am
UWA - Afternoon	4:30pm	4:30pm	4:30pm	4:30pm	4:00pm	

During the September / October 2019 school holidays, squad training will be offered Monday to Friday 5:00 – 7:00pm and Tuesday and Thursday 5:30 – 7:30am at HBF Stadium and Saturday mornings at UWA Aquatic Centre 6:00 – 8:00am. There will be no training on Monday 23rd September 2018 (Public Holiday).

Season includes weekly training sessions between:

- Monday 8th October through to Saturday 22nd December 2018;
- Monday 4th February through to Saturday 13th April 2019. (Please note: No training Monday 4th March 2019 due to Labour Day Public Holiday).

From Monday 24th through to Monday 31st December 2018, training will continue at HBF Stadium Monday to Friday 4:00 – 6:00pm and Tuesday and Thursday 5:30 – 7:30am and Saturday mornings at UWA Aquatic Centre 6:00 – 8:00am. *Please note: There will be no training on Tuesday 25th (Christmas Day) and Wednesday 26th December (Boxing Day) and Tuesday 1st January 2019 (New Years Day).*

From Wednesday 2nd January through to Saturday 2nd February 2019, squad training will be offered Monday to Friday 5:00 – 7:00pm and Tuesday and Thursday 5:30 – 7:30am at HBF Stadium and Saturday mornings at UWA Aquatic Centre 6:00 – 8:00am. *Please note: There will be no training on Saturday 26th January 2019 (Australia Day) and Monday 28th January 2019 (Australia Day Public Holiday).*