

SGB Training Schedule: Effective as of April 22nd 2024

Wonthaggi Facility				Leongatha Facility					
Day	Time	Land Based	Coach	Day	Time	Land Based	Coach		
National Squad									
Minimum Requirements: 7 swim sessions + 3 land based sessions per week									
MONDAY	AM	6.00-8.00		Dylan	MONDAY	AM	6.00-8.00	Caiden	
TUESDAY	AM	6.00-8.00		Caiden	MONDAY	PM	5.00-8.00	5.00-5.50 (voyage)	Dylan
TUESDAY	PM	4.00-6.45	5.45-6.45 (gym)	Caiden	TUESDAY	AM	6.00-8.00		Dylan
THURSDAY	AM	6.00-8.00		Caiden	WEDNESDAY	AM	6.00-8.00		Dylan
THURSDAY	PM	4.00-6.30	5.30-6.30 (gym)	Caiden	WEDNESDAY	PM	4.00-7.00	6.15-7.00 (Voyage)	Dylan
FRIDAY	AM	6.00-8.00		Caiden	THURSDAY	PM	6.15-8.30	6.15-6.30 activation	Dylan
SATURDAY	AM	7.30-10.15	9.15-10.15 (gym)	Dylan	FRIDAY	PM	4.15-7.30	4.15-5.15 (Voyage)	Dylan
State Squad									
Minimum Requirements: 5 swim + 2 land based sessions per week									
MONDAY	AM	6.00-8.00		Dylan	MONDAY	AM	6.00-8.00	Caiden	
TUESDAY	PM	4.00-6.45 / 5.45-8.30	5.45-6.45	Caiden & Dylan	MONDAY	PM	5.15-8.00	5.15-6.00	Dylan
THURSDAY	AM	6.00-8.00		Caiden	TUESDAY	AM	6.00-8.00		Dylan
THURSDAY	PM	4.00-6.30	5.30-6.30	Caiden	WEDNESDAY	AM	6.00-8.00		Dylan
FRIDAY	AM	6.00-8.00		Caiden	THURSDAY	AM		6.50-7.50 (gym)	Sarah
SATURDAY	AM	7.30-10.15	9.15-10.15	Dylan	THURSDAY	PM	6.15-8.30	6.15-6.30 activation	Dylan
					FRIDAY	PM	4.45-7.30	4.45-5.30	Caiden
State Development Squad									
Minimum Requirements: 4 swim sessions + 2 land based sessions per week									
MONDAY	AM	6.00-8.00		Caiden	MONDAY	PM	5.15-8.00	5.15-6.00	Dylan
TUESDAY	PM	6.15-8.30	6.15-6.45	Caiden	TUESDAY	AM	6.00-8.00		Dylan
WEDNESDAY	PM	6.30-8.30	6.00-6.30	Caiden	WEDNESDAY	AM	6.00-8.00		Dylan
FRIDAY	AM	6.00-8.00		Caiden	THURSDAY	PM	6.15-8.30	6.15-6.30 activation	Dylan
SATURDAY	AM	7.30-9.00		Dylan & Caiden	FRIDAY	PM	4.45-7.30	4.45-5.30	Dylan
Country Squad									
Minimum Requirements: 3 sessions per week									
TUESDAY	PM	6.15-8.15	6.15-6.45	Samantha	TUESDAY	PM	7.00-8.30		Lorri
WEDNESDAY	PM	6.30-8.30	6.30-7.00	Samantha	WEDNESDAY	PM	5.50-7.45	5.50-6.15	Lorri
SATURDAY	AM	7.30-9.00		Caiden	THURSDAY	PM	4.00-5.30		Lorri
					FRIDAY	PM	5.30-7.30	5.30-6.00	Lorri
District Squad									
Requirements: 1-2 sessions per week									
WEDNESDAY	PM	6.30-8.30	6.30-7.00	Samantha & Caiden	TUESDAY	PM	7.00-8.30		Lorri
SATURDAY	AM	7.30-9.00		Caiden	FRIDAY	PM	5.30-7.30	5.30-6.00	Lorri
Junior Squad									
Minimum Requirements: 2 sessions per week									
TUESDAY	PM	5.15-6.45	5.15-5.45	Samantha	TUESDAY	PM	6.00-7.00		Lorri
WEDNESDAY	PM	5.30-7.00	5.30-6.00	Samantha	THURSDAY	PM	5.00-6.30	5.00-5.30	Lorri
SATURDAY	AM	7.30-9.00		Samantha	FRIDAY	PM	4.15-5.30		Lorri
Fitness Squad									
1 x 45min session per week - locked into same session each week (age 10yrs+)									
					TUESDAY	PM	6.15-7.00		Sarah
					TUESDAY	PM	7.00-7.45		Sarah
					THURSDAY	PM	6.15-7.00		Sarah
Development Squad									
1 x 45min session per week - locked into same session each week (age 7-9yrs)									
					MONDAY	PM	3.45-4.30		Lorri
					MONDAY	PM	4.30-5.15		Lorri
					TUESDAY	PM	4.30-5.15		Sarah
					TUESDAY	PM	5.15-6.00		Sarah
					FRIDAY	PM	4.30-5.15		Sarah
Multi-Class Squad									
					MONDAY	PM	5.15-6.00		Lorri
Senior Squad (A)									
Senior Squad swimmers can attend a maximum of 3 sessions per week to be arranged with the head coach. Minimum age:15yrs.									
Senior Squad (B)									
Senior Squad B is an option for year 12 students, university students & full time workers only and to be directly discussed with Dylan.									