

## ALBANY CREEK SQUAD SCHEDULE

SQUAD NAME	SQUAD NAME	Mon	Tues	Wed	Thurs	Fri	Sat
JUNIOR COACH T	COMBINED - AM	OFF	5:45am to 7am	OFF	OFF	OFF	7:15am to 8:30am
	JUNIOR	3:45pm to 4:45pm	3:45pm to 4:45pm	3:45pm to 4:45pm	3:45pm to 4:45pm	3:30pm to 4:45pm	
	INTERMEDIATE	4:45pm to 6pm	4:45pm to 6pm	4:45pm to 6pm	4:45pm to 6pm	4:45pm to 6pm	
DEVELOPMENT COACH AMANDA	STATE DEVELOPMENT	AM-OFF	5:15am to 6:45am	AM - OFF	5:15am to 6:45am	5:15am to 6:45am	6am to 7:30am
		DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	PM - OFF	
		3:30pm to 3:45pm	3:30pm to 3:45pm	3:30pm to 3:45pm	3:30pm to 3:45pm		
		3:45pm to 5pm	3:45pm to 5pm	3:45pm to 5pm	3:45pm to 5pm		
	STATE	AM-OFF	5:30am to 7am	AM - OFF	5:30am to 7am	5:30am to 7am	6am to 7:30am
		5pm to 6:30pm	5pm to 6:30pm	5pm to 6:30pm	5pm to 6:30pm	PM - OFF	
HEAD COACH BRENDAN	NATIONAL	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	GYM
		5am to 5:15am	5am to 5:15am	5am to 5:15am	5am to 5:15am	5am to 5:15am	5:15am to 6am
		5:15am to 7am	5:15am to 7am	5:15am to 7am	5:15am to 7am	5:15am to 8am	6:15am to 8:15am
		DRYLAND / ACTIVATION	GYM	PM - OFF	DRYLAND / ACTIVATION	PM - OFF	PM - OFF
		4:15pm to 4:30pm	4pm to 4:50pm		4:15pm to 4:30pm		
		4:30pm to 6:30pm	5pm to 6:30pm		4:30pm to 6:30pm		