

**ALBANY CREEK
SQUAD SCHEDULE**

NAME	SQUAD NAME	Mon	Tues	Wed	Thurs	Fri	Sat
JUNIOR COACH ALEX	JNR COMBINED - AM	OFF	5:45am to 7am	OFF	OFF	OFF	7:15am to 8:30am
	JUNIOR BEGINNER	3:45pm to 4:45pm	3:45pm to 4:45pm	3:45pm to 4:45pm	3:45pm to 4:45pm	4pm to 5:30pm	
	JUNIOR ADVANCED	4:45pm to 6pm	4:45pm to 6pm	4:45pm to 6pm	4:45pm to 6pm	4pm to 5:30pm	
DEVELOPMENT COACH AMANDA	INTERMEDIATE	AM - OFF	5:30am to 7am	AM - OFF	5:30am to 7am	5:30am to 7am	6am to 7:30am
		DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION		
		3:30pm to 4:45pm	3:30pm to 4:45pm	3:30pm to 4:45pm	3:30pm to 4:45pm		
		3:45pm to 5pm	3:45pm to 5pm	3:45pm to 5pm	3:45pm to 5pm	PM - OFF	
	STATE DEVELOP	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	STATE/NATIONAL	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION	DRYLAND / ACTIVATION
		5am to 5:05am	5am to 5:05am	5am to 5:05am	5am to 5:05am	5am to 5:05am	6am to 6:05am
		5:05am to 7am	5:05am to 7am	5:05am to 7am	5:05am to 7am	5:05am to 7am	6:05am to 8:15am
		DRYLAND / ACTIVATION	GYM - GRIT	GYM - RPM	DRYLAND / ACTIVATION		
		4pm to 4:30pm	4:15pm to 4:45pm	4:15pm to 4:45pm	4pm to 4:30pm		
		4:30pm to 6:30pm	5pm to 6:30pm	5pm to 6:30pm	4:30pm to 6:30pm	PM - OFF	