

# Armadale Masters Swimming Club

## Club Calendar AUGUST 2022



DATE	DAY	ACTIVITY / EVENT	Venue/pools	Coach/organiser
1 <sup>st</sup>	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
2 <sup>nd</sup>	Tuesday	Technique Session Squad Training (7.00pm-8.00pm)	25m pool	Peter
3 <sup>rd</sup>	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
4 <sup>th</sup>	Thursday	Technique Session Squad Training (7.00pm-8.00pm)	25m pool	Peter
6 <sup>th</sup>	Saturday	Club Championships 8.30am warm up 9.00am start 100m, 50m and 25m choice Bring a plate morning tea	25m pool	Alex
6 <sup>th</sup>	Saturday	Maida Vale Masters 1500m	Darling Range Sports College	Self-register My Swim Results
8 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
9 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Derek
10 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
11 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Alex
13 <sup>th</sup>	Saturday	Squad Training (9.00am-10.00am) Technique session Form strokes	25m pool (2 lanes) 50m pool (2 lanes)	Alex
13 <sup>th</sup>	Saturday	Golden Gropers Relay Carnival	HBF Stadium	My Swim Results
15 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
16 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Fettes
17 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
18 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm) Endurance Swims	50m pool 25m pool	Hans/Alex
20 <sup>th</sup>	Saturday	Squad Training (9.00am-10.00am) Technique session Form strokes	25m pool (2 lanes) 50m pool (2 lanes)	Alex
22 <sup>nd</sup>	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
23 <sup>rd</sup>	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Fettes
24 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
25 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Heather
27 <sup>th</sup>	Saturday	Squad Training (9.00am-10.00am) Technique session Form strokes	25m pool (2 lanes) 50m pool (2 lanes)	Alex
29 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
30 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Colin
31 <sup>st</sup>	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff

Sunday morning Endurance contact Hans.

Mon\Wed morning Endurance contact Charles