



DATE	DAY	ACTIVITY / EVENT	Coach/ Organiser	Venue/ pool
1	Saturday	Club Championships 8.30am warm up 9.00am start 200m and 50m choice Bring a plate morning tea	Rowena	50m pool
4	Tuesday	Squad Training (6.30pm-7.30pm)	Charles	50m pool
6	Thursday	Squad Training (6.30pm-7.30pm)	Peter	50m pool
8	Saturday	Squad Training (9.00am – 10.00am)	Fettes	50m pool
11	Tuesday	Squad Training (6.30pm-7.30pm)	Peter	50m pool
13	Thursday	Squad Training (6.30pm-7.30pm)	Heather	50m pool
15	Saturday	Squad Training (9.00am – 10.00am)	Fettes	50m pool
15	Saturday	Southern Club Collective (State Champs prep) – 9.30am	Rowena or Heather C	Fremantle Pool
18	Tuesday	Squad Training (6.30pm-7.30pm)	Heather	50m pool
20	Thursday	Squad Training (6.30pm-7.30pm) Endurance Swims	Charles / Hans	50m pool
22	Saturday	Squad Training (9.00am – 10.00am)	Rowena	50m pool
25	Tuesday	No Training – ANZAC Day	-	-
27	Thursday	Squad Training (6.30pm-7.30pm)	Heather	50m pool
29	Saturday	Squad Training (9.00am – 10.00am)	Charles	50m pool

Sunday morning Endurance Swims please contact Hans



act belong commit
Mentally Healthy WA