



Squad Training Schedule 14 October 2025 Onwards

*Current as of 21 August 2025



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00AM – 7.30AM	<p>National & Target DKHAC: Sam</p> <p>State Gold, State Silver & State Bronze Collegiate: Rachel</p> <p>H2O Collegiate: Rachel</p>	<p>National & Target Collegiate: Ben & Jemima</p> <p>State Gold, State Silver & State Bronze Collegiate: Ben & Jemima</p> <p>H2O Collegiate: Ben & Jemima</p>		<p>National & Target Collegiate: Sam &/or Rachel</p>	<p>National & Target Collegiate: Rachel</p> <p>State Gold, State Silver & H2O Collegiate: Sam</p>	<p>National, Target & State Gold Collegiate (6.00AM-8.00AM): Sam &/or Mitchell</p> <p>Juniors Collegiate (8.00AM-9.00AM): Sam</p>
4.00PM – 5.00PM Collegiate	<p>Juniors Sam</p>	<p>Juniors Skill Session (3:30PM-4:30PM): Sam</p> <p>Juniors (4:00PM-5:00PM): Sam & Jemima</p>	<p>Junior Joe</p>	<p>Juniors Ben</p>	<p>Juniors Harry</p>	
<p>4.30PM – 6.00PM DKHAC</p> <p>5.00PM – 6.30PM Collegiate</p>	<p>National Collegiate: Rachel</p> <p>State Silver & State Bronze Collegiate: Sam</p>	<p>National, Target & State Gold Collegiate: Jemima & Sam</p> <p>H2O Collegiate: Jemima & Sam</p>	<p>National, Target & State Gold DKHAC (4:30PM-6:00PM): Sam</p> <p>State Silver & State Bronze Collegiate: Rachel & Mitchell</p> <p>H2O Collegiate: Rachel & Mitchell</p>	<p>National & Target DKHAC (4:30PM-6:00PM): Rachel & Sam</p> <p>State Gold, State Silver & State Bronze Collegiate: Ben & Jemima</p> <p>H2O Collegiate: Ben & Jemima</p>		<p>* Please note: Coaches on each session are subject to change</p> <p><i>Training does not occur on Public Holidays.</i></p>