



# Squad Training Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6.00AM – 7.30AM</b> Collegiate <i>Please arrive 15 minutes prior to session starting</i>	<b>National &amp; Target</b> Collegiate: Sam  <b>State Gold, State Silver &amp; State Bronze</b> Collegiate: Rachel  <b>H2O</b> Collegiate: Rachel	<b>National &amp; Target</b> Collegiate: Ben  <b>State Gold, State Silver &amp; State Bronze</b> Collegiate: Ben  <b>H2O</b> Collegiate: Ben		<b>National &amp; Target</b> Collegiate: Sam &/or Rachel	<b>National &amp; Target</b> Collegiate: Rachel  <b>State Gold, State Silver &amp; H2O</b> Collegiate: Sam	<b>National, Target, State Gold</b> Collegiate (6.00AM-8.00AM): Sam &/or Mitchell  <b>Juniors &amp; State Bronze</b> Collegiate (8.00AM-9.00AM): Sam
<b>4.00PM – 5.00PM</b> Collegiate	<b>Juniors</b> Sam	<b>Juniors Skill Session</b> (3:30PM-4:30PM): Sam <b>Juniors</b> (4:00PM-5:00PM): Sam	<b>Junior</b> Joe	<b>Juniors</b> Ben	<b>Juniors</b> Harry	
<b>4.30PM – 6.00PM</b> DKHAC  <b>5.00PM – 6.30PM</b> Collegiate	<b>National</b> Collegiate: Rachel  <b>State Silver &amp; State Bronze</b> Collegiate: Sam	<b>National, Target &amp; State Gold</b> Collegiate: Sam  <b>H2O</b> Collegiate: Sam	<b>National, Target &amp; State Gold</b> DKHAC (4:30PM-6:00PM): Sam  <b>State Silver &amp; State Bronze</b> Collegiate: Rachel & Mitchell  <b>H2O</b> Collegiate: Rachel & Mitchell	<b>National &amp; Target</b> DKHAC (4:30PM-6:00PM): Rachel & Sam  <b>State Gold, State Silver, State Bronze &amp; Juniors*</b> Collegiate: Ben & Jess  <b>H2O</b> Collegiate: Ben & Jess  * Juniors that have been in the squad for 12+ months		<b>* Please note: Coaches on each session are subject to change</b>  <i>Training does not occur on Public Holidays.</i>



# Dry Land



	Back Mobility	Legs + Hips Mobility	Arms + Shoulders Mobility	Core Activation	Legs + Hip Activation	Arms + Shoulders Activation
<b>1</b>	5 x Caterpillar into 3 x Cat Cow (from pelvis to neck)	90/90	Arm Swings, Neck Roll	100 Kicks on front 100 Kicks on back	Mushrooms	Crab Reach
<b>2</b>	5 x Thread the Needle	Rubix Cube	Fingers on Shoulder 360 Movement	10 on front, 10 on back - super slow opposite arm and leg lift	Rockets	Slow Motion Fly
<b>3</b>	5 x Worlds Greatest Stretch	Scorpions	Lateral Helicopter	30s 4 way Super Woman, Super Man	Single leg balance with partner, 1 finger push for improved proprioception	Scapula Push Ups