



In partnership with:



Squad Training Schedule – 19 October 2026 onwards

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00AM – 7.30AM Collegiate <i>Please arrive 15 minutes prior to session starting</i>	National & Target Collegiate State Squad & Regional Squad Collegiate H2O Collegiate	National & Target Collegiate State Squad & Regional Squad Collegiate H2O Collegiate		National & Target Collegiate	National, Target, State Squad, Regional Squad & H2O Collegiate	National, Target & State Squad Collegiate (6.00AM-8.00AM) <i>Optional additional gym program 8:15am to 9:00am</i> Regional Squad & Juniors Collegiate (8.00AM-9.00AM) <i>Saturday mornings through school term-time only.</i>
4.00PM – 5.00PM Collegiate	Juniors	Juniors Skill Session (3:30PM-4:30PM) <i>(during school term)</i> Juniors (4:00PM-5:00PM):	Junior	Juniors	Regional Squad & Juniors	
4.30PM – 6.00PM DKHAC 5.00PM – 6.30PM Collegiate	National Collegiate: Rachel State & Regional Squad Collegiate	<i>Optional additional gym program 4:00pm to 4:45pm (during school term)</i> National, Target, State Squad & H2O Collegiate	National, Target & State Gold DKHAC (4:30PM-6:00PM) Regional Squad & H2O Collegiate	National & Target DKHAC (4:30PM-6:00PM) State Squad, Regional Squad & H2O Collegiate		* Please note: Sessions are subject to change <i>Training does not occur on Public Holidays.</i>