

## CGGS AQUATIC – 2021 HOLIDAY TRAINING TIMETABLE

**Victorian Sprint Championship qualifiers only:** Monday 4<sup>th</sup> Jan - Friday 15<sup>th</sup> January

**All Club Members:** Monday 18<sup>th</sup> January – Friday 22<sup>nd</sup> January

ON BEHALF OF THE COACHING TEAM - HAVE A FUN AND RESTFUL CHRISTMAS / NEW YEARS HOLIDAY BREAK!

**NOTE: The 2021 Season officially commences on Tuesday 28<sup>th</sup> January**

JANUARY 2021																							
SQUAD LEVELS	Mon 4 <sup>th</sup>	Tue 5 <sup>th</sup>	Wed 6 <sup>th</sup>	Thu 7 <sup>th</sup>	Fri 8 <sup>th</sup>	Sat 9 <sup>th</sup>	Sun 10 <sup>th</sup>	Mon 11 <sup>th</sup>	Tue 12 <sup>th</sup>	Wed 13 <sup>th</sup>	Thu 14 <sup>th</sup>	Fri 15 <sup>th</sup>	Sat 16 <sup>th</sup>	Sun 17 <sup>th</sup>	Mon 18 <sup>th</sup>	Tue 19 <sup>th</sup>	Wed 20 <sup>th</sup>	Thu 21 <sup>st</sup>	Fri 22 <sup>nd</sup>	Sat 23 <sup>rd</sup>	Sun 24 <sup>th</sup>		
	VICTORIAN SPRINT CHAMPIONSHIP QUALIFIERS ONLY												ALL CLUB SQUAD MEMBERS INVITED										
State Performance National Development <i>Session times: 5-7pm</i>	PK	PK		PK	PK			PK	PK		PK	PK	Victorian Sprint Championships (Qualifiers only)		PK	PK		PK	PK				
State <i>Session times: 3-5pm</i>	AS		AS		AS			AS		AS		AS			AS		AS		AS				
State Target <i>Session times: 3.30-5pm</i>		PK		PK					PK		PK						JR		JR				
Emerging <i>Session times: 3.30-5pm</i>																JR		JR					
Development <i>Session times: 4-5pm</i>																JR				JR			

<b>Training PM Sessions</b>	PK: Peter Kitney AS: Amon Soerink	State Performance – National Development Squad: 2 hour sessions State Squad: 2 hour sessions State Target Squad: 1.5 hour sessions Emerging Squad: 1.5 hour sessions Development Squad: 1 hour sessions
<b>No Training</b>	JS: James Ramm	