

Gold Squad Training Schedule Summer Holidays 2013 - 2014

All training is as per term schedule until week 11. Last session of week 11 is Saturday Dec 21st.

Bring runners to all sessions. Please be punctual. All times listed are get there times.

2013	Mon Dec 23 rd	Tues Dec 24 th	Wed Dec 25 th	Thurs Dec 26 th	Fri Dec 27 th	Sat Dec 28 th
AM	5.45 – 8.00 Abbotsleigh 8.00 -9.00 Gym (Gold)	5.45 – 8.00 Knox	Merry Christmas	Happy Boxing day	6.45 -9.00 Abbotsleigh <i>Coach Chris</i> <i>Bookings only</i> 9.00 -10.00 Gym (Gold)	6.45 -9.00 Abbotsleigh <i>Coach Chris</i> <i>Bookings only</i>
PM	4.00 – 6.00 Abbotsleigh		Stretch on the floor And eat well!	Go for a run, surf, ride, power walk		

2013/14	Mon Dec 30 th	Tues Dec 31 st	Wed Jan 1 st	Thurs Jan 2 nd	Fri Jan 3 rd	Sat Jan 4 th
AM	6.45 -9.00 Abbotsleigh <i>Coach Chris</i> <i>Bookings only</i> 9.00 -10.00 Gym	6.45 -9.00 Abbotsleigh <i>Coach Chris</i> <i>Bookings only</i>	Happy New Year		6.45 -9.00 Abbotsleigh 9.00 -10.00 Gym	6.45 -9.00 Abbotsleigh
PM				4.00 – 6.15 Abbotsleigh		

Camp Coffs 5th – 11th January

2013/14	Mon Jan 13 th	Tues Jan 14 th	Wed Jan 15 th	Thurs Jan 16 th	Fri Jan 17 th	Sat Jan 18 th
AM		5.45 – 8.00 Knox		5.45 – 8.00 Knox	6.45 -9.00 Abbotsleigh	6.45 -9.00 Knox
PM	3.00 – 4.00 Gym taper 4.00 – 6.15 Abbotsleigh		3.00 – 4.00 Gym taper 4.00 – 6.15 Abbotsleigh	3.00 – 5.15 Abbotsleigh		

Gold Squad Training Schedule Summer Holidays 2013 – 2014 (continued)

State titles 20th - 25th January. During State Brandon will be coaching at Abbotsleigh. If you are not swimming at State or have a small program please keep your sessions up during this week. See below available sessions.

2013/14	Mon Jan 20 th	Tues Jan 21 st	Wed Jan 22 nd	Thurs Jan 23 rd	Fri Jan 24 th	Sat Jan 25 th
AM						
PM	3.00 – 5.00 Abbotsleigh	3.00 – 5.00 Abbotsleigh	3.00 – 5.00 Abbotsleigh	3.00 – 5.00 Abbotsleigh	3.00 – 5.00 Abbotsleigh	

- Monday 27th January is the Australia Day Public Holiday so there will be no training.
- Term 1 timetable for 2014 commences Tuesday 28th January.
- Please communicate via text if you cannot make a session you are committed to.
- Happy holidays and happy swimming!!