

**CGGS AQUATIC SQUAD TRAINING TIMETABLE - TERM 1, 2019**

Day	National Development Squad attendance requirement		Minimum average term 6 of 7 swim sessions / week + Dryland / Gym compulsory- Boxing is optional		State Squad requirement		Minimum average term attendance 5 of 7 swim sessions / week + 1 Dryland / 1 Pilates compulsory		State Target Squad attendance requirement		Minimum average term 4 of 6 swim sessions / week + 1 Dryland compulsory / 1 Pilates optional		Emerging Squad 3 of 4 sessions / week + 1 Dryland compulsory		Minimum term attendance requirement		Development Squad attendance requirement		Minimum term 2 of 3 sessions / week		
	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	
Mon	AM	5.30 - 7.00	CGGS : Peter	5.30 - 7.00	CGGS : Peter	5.30 - 7.00	CGGS : Peter														
	PM							5.00 - 6.30	CGGS : Peter	4.00 - 5.00	CGGS : Peter	4.00 - 5.00	CGGS : Peter	4.00 - 5.00	CGGS : Peter	4.00 - 5.00	CGGS : Peter	4.00 - 5.00	CGGS : Peter	CGGS : Caradoc	
	PM									5.15 - 5.45 Dryland (Compulsory)	CGGS : Caradoc										
Tue	AM	6.00 - 7.30	CGGS : Peter	6.00 - 7.30	CGGS : Peter	6.00 - 7.30	CGGS : Peter														
	PM	4.00 - 4.45 Dryland	CGGS : Caradoc	4.00 - 4.45 Dryland (Compulsory)	CGGS : Caradoc	4.00 - 4.45 Dryland (Compulsory)	CGGS : Caradoc													5.00 - 6.00	CGGS : Caradoc
	PM	5.00 - 7.00	CGGS : Peter	5.00 - 6.30	CGGS	5.00 - 6.30	CGGS														
Wed	AM							6.00 - 7.30	CGGS : James												
	PM							4.00 - 4.45 Dryland (Compulsory)	CGGS : Caradoc	5.00 - 6.30	CGGS : Caradoc	5.00 - 6.30	CGGS : Caradoc	5.00 - 6.30	CGGS : Caradoc	5.00 - 6.00	CGGS : James	5.00 - 6.00	CGGS : James		
	PM	6.30 - 8.00	Boroondara SC : Peter	6.30 - 8.00	Boroondara SC : Peter	6.30 - 8.00	Boroondara SC : Peter	5.00 - 6.30	CGGS : Peter / James												
Thu	AM	6.00 - 7.30	CGGS : Peter	6.00 - 7.30	CGGS	6.00 - 7.30	CGGS														
	PM							4.00 - 5.30	CGGS : Peter												
Fri	AM																				
	PM	4.45 - 5.45 Gym - weight training (Compulsory)	Kew Physio Health							4.00 - 5.00	CGGS : Caradoc	4.00 - 5.00	CGGS : Caradoc	4.00 - 5.00	CGGS : Caradoc	5.00 - 6.00	CGGS : Caradoc / Peter	5.00 - 6.00	CGGS : Caradoc / Peter		
	PM	6.30 - 8.00	Boroondara SC : Peter	6.30 - 8.00	Boroondara SC : Peter	6.30 - 8.00	Boroondara SC : Peter	6.30 - 8.00	Boroondara SC : James												
Sat	AM	6.30 - 8.30	CGGS : Peter	6.30 - 8.00	CGGS ; Peter	6.30 - 8.00	CGGS ; Peter			8.00 - 9.30	CGGS : Caradoc	8.00 - 9.30	CGGS : Caradoc	8.00 - 9.30	CGGS : Caradoc						
	AM			9.00 - 10.00 Pilates (Compulsory)	Kew Physio Health	9.00 - 10.00 Pilates (Optional)	Kew Physio Health	9.00 - 10.00 Pilates (Optional)	Kew Physio Health												

**NOTE : THE COST OF BOXING AT MURHYS GYM AND GYM SESSIONS AT PHYSIOHEALTH IS OVER AND ABOVE THE SQUAD TRAINING FEES. FAMILIES ATTENDING EITHER OF THESE SESSIONS WILL MAKE PAYMENT DIRECTLY TO THE RELEVANT SERVICE PROVIDER.**

**SQUAD MEMBERS**

BOXING - Cross training Gerry Murphy's Gym  
SURREY HILLS VIC 3127  
0414 620060

Attendance at one boxing session is optional throughout the week.  
This is be scheduled in your own time in coordination with Gerry Murphy.  
This program is far more effective if done independent of other squad members.