



Junior Development Squad – Lilydale

MONDAY PM	WEDNESDAY PM	FRIDAY PM	SATURDAY PM
5.40-6.00 stretching and dry land activities 6.00-7.00 pool training	5.40-6.00 stretching and dry land activities 6.00-7.00 pool training	6.10-6.30 stretching and dry land activities 6.30-7.30 pool training	12.10-12.30 stretching and dry land activities 12.30-1.30 pool training

Targets/Goals:

- 1) Compete in Club Nights and Club Championships events.
- 2) Compete in minimum of 1 targeted qualifying meets each season.

Attendance:

There is no attendance policy within this squad, though for more competitive results more sessions is better.

Competitions/Dates:

Talent Squad - Lilydale

TUESDAY PM	THURSDAY PM	FRIDAY PM
4.40-5.00 stretching and dry land activities 5.00-6.00 pool training	4.40-5.00 stretching and dry land activities 5.00-6.00 pool training	6.10-6.30 stretching and dry land activities 6.30-7.30 pool training

Targets/Goals:

- 1) Compete in Club Nights and Club Championships events.
- 2) May compete in targeted qualifying meets each season.

Attendance:

There is no attendance policy within this squad, though for more competitive results more sessions is better.

Competitions/Dates:

****Starting 30th of January 2012***