



2022 DTSC TERM 1 SQUAD TIMETABLE

		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		Time	Venue / Type	Time	Venue / Type	Time	Venue / Type	Time	Venue / Type	Time	Venue / Type	Time	Venue / Type
Academy 2 (2 Sessions) (4 Sessions Available)	AM											8:00 - 9:00 AM Kendra	Indoor
	PM	4:30 - 5:30 PM Olivia	Outdoor			4:30 - 5:30 PM Olivia	Outdoor	4:30-5:30 PM Olivia	Outdoor				
Junior (3 Sessions) (4 Sessions Available)	AM											8:00-9:00 AM Kendra	Indoor
	PM	5:30 - 6:30 PM Olivia	Outdoor			5:30 - 6:30 PM Olivia	Outdoor	5:30-6:30 PM Olivia	Outdoor				
Intermediate (2-3 Sessions) (4 Sessions Available)	AM												
	PM	6:30 - 7:30 PM Olivia	Outdoor	6:30 - 7:30 PM Declan	Outdoor	6:30 - 7:30 PM Olivia	Outdoor			6:30-7:30 PM Kahlia	Outdoor		
State Development (5 Sessions) (6 Sessions Available)	AM	5:15-7:30 AM Kahlia & Kendra	Outdoor					5:15-6:30 AM Kahlia & Declan 6:30-7:30 AM Kahlia & Declan	Skip, Bike, Box Power Swim			6:45 - 8:30 AM Kahlia & Declan 8:30 - 9:30 AM Kahlia	Outdoor Dryland
	PM			4:15 - 6:30 PM Declan	Outdoor	4:15 - 6:30 PM Kahlia 6:30 - 7:30 PM Kahlia	Outdoor Gym			4:15-6:30 PM Kahlia	Outdoor		
State Squad (6 Sessions) (8 Sessions Available)	AM	5:15 - 7:30 AM Kahlia & Kendra	Outdoor	5:15 - 7:30 AM Kahlia & Declan	Outdoor			5:15-6:30 AM Kahlia & Declan 6:30-7:30 AM Kahlia & Declan	Skip, Bike, Box Power Swim	5:15-7:30 AM Kahlia & Kendra	Outdoor	6:45 - 8:30 AM Kahlia & Declan 8:30 - 9:30 AM Kahlia	Outdoor Dryland
	PM	4:15 - 6:30 PM Kahlia 6:30 - 7:30 PM Kahlia	Outdoor Gym	4:15 - 6:30 PM Kahlia	Outdoor	4:15 - 6:30 PM Kahlia 6:30 - 7:30 PM Kahlia	Outdoor Gym						
National Squad (7+) (9 Sessions Available)	AM	5:30 - 7:30 AM Kahlia & Kendra	Outdoor	5:15 - 7:30 AM Kahlia & Declan	Outdoor			5:15-6:30 AM Kahlia & Declan 6:30-7:30 AM Kahlia & Declan	Skip, Bike, Box Power Swim	5:15- 7:30 AM Kahlia & Kendra	Outdoor	6:45 - 8:30 AM Kahlia & Declan 8:30 - 9:30 AM Kahlia	Outdoor Dryland
	PM	4:15 - 6:30 PM Kahlia 6:30 - 7:30 PM Kahlia	Outdoor Gym	4:15 - 6:30 PM Kahlia	Outdoor	4:15 - 6:30 PM Kahlia 6:30 - 7:30 PM Kahlia	Outdoor Gym	5:30-7:30 PM Kahlia	Extra Session - By Invitation				