

Stroke Development

Day	Date	AM/PM	Start	Finish	Duration	Pool	Squad	Coach
Monday	28th September	PM	6:00	7:00	1:00	Otumoetai	Stroke	Riccardo Pini
Tuesday	29th September	PM	4:00	5:00	1:00	Greerton	Stroke	Mike Lee
Wednesday	30th September	RACE NIGHT at GRE pool						
Wednesday	30th September	PM	3:30	4:30	1:00	Otumoetai	Stroke	Riccardo Pini
Thursday	1st October	PM	4:00	5:00	1:00	Greerton	Stroke	Mike Lee
Friday	2nd October	PM	3:30	4:30	1:00	Otumoetai	Stroke	Riccardo Pini
Saturday	3rd October	AM	8:30	9:30	1:00	Greerton	Stroke	Riccardo Pini
Monday	5th October	PM	6:00	7:00	1:00	Otumoetai	Stroke	Riccardo Pini
Tuesday	6th October	PM	4:00	5:00	1:00	Greerton	Stroke	Tai Daniela
Wednesday	7th October	PM	3:30	4:30	1:00	Otumoetai	Stroke	Riccardo Pini
Thursday	8th October	PM	4:00	5:00	1:00	Greerton	Stroke	Tai Daniela
Friday	9th October	PM	3:30	4:30	1:00	Otumoetai	Stroke	Riccardo Pini
Saturday	10th October	AM	8:30	9:30	1:00	Greerton	Stroke	Tai Daniela
Monday	12th October	PM	6:00	7:00	1:00	Otumoetai	Stroke	Riccardo Pini
Tuesday	13th October	PM	4:00	5:00	1:00	Greerton	Stroke	Tai Daniela
Wednesday	14th October	PM	3:30	4:30	1:00	Otumoetai	Stroke	Tai Daniela
Thursday	15th October	PM	4:00	5:00	1:00	Greerton	Stroke	Tai Daniela
Friday	16th October	PM	3:30	4:30	1:00	Otumoetai	Stroke	Tai Daniela
Saturday	17th October	AM	8:30	9:30	1:00	Greerton	Stroke	Tai Daniela
Monday	19th October	PM	6:00	7:00	1:00	Otumoetai	Stroke	Tai Daniela
Tuesday	20th October	PM	4:00	5:00	1:00	Greerton	Stroke	Mike Lee
Wednesday	21st October	PM	3:30	4:30	1:00	Otumoetai	Stroke	Mike Lee
Thursday	22nd October	PM	4:00	5:00	1:00	Greerton	Stroke	Tai Daniela
Friday	23rd October	NO SESSION						
Monday	26th October	NO SESSION						
Tuesday	27th October	NORMAL TIMETABLE RESUMES						

Junior Squad

Day	Date	AM/PM	Start	Finish	Duration	Pool	Squad	Coach
Monday	28th September	PM	4:00	5:00	1:00	Greerton	Junior	Mike Lee
Monday	28th September	PM	4:45	6:00	1:15	Otumoetai	Junior	Riccardo Pini
Tuesday	29th September	PM	4:00	5:00	1:00	Otumoetai	Junior	Riccardo Pini
Tuesday	29th September	PM	6:30	7:45	1:15	Otumoetai	Junior	Riccardo Pini
Wednesday	30th September	PM	4:30	5:30	1:00	Otumoetai	Junior	Riccardo Pini
Wednesday	30th September	RACE NIGHT at GRE pool						
Thursday	1st October	PM	4:00	5:00	1:00	Otumoetai	Junior	Riccardo Pini
Thursday	1st October	PM	6:30	7:45	1:15	Otumoetai	Junior	Riccardo Pini
Friday	2nd October	PM	4:00	5:00	1:00	Greerton	Junior	Mike Lee
Friday	2nd October	PM	4:30	5:30	1:00	Otumoetai	Junior	Riccardo Pini
Saturday	3rd October	AM	7:00	8:30	1:30	Greerton	Junior	Riccardo Pini
Monday	5th October	PM	4:00	5:00	1:00	Greerton	Junior	Tai Daniela
Monday	5th October	PM	4:45	6:00	1:15	Otumoetai	Junior	Riccardo Pini
Tuesday	6th October	PM	4:00	5:00	1:00	Otumoetai	Junior	Riccardo Pini
Tuesday	6th October	PM	6:30	7:45	1:15	Otumoetai	Junior	Riccardo Pini
Wednesday	7th October	PM	4:30	5:30	1:00	Otumoetai	Junior	Riccardo Pini
Thursday	8th October	PM	4:00	5:00	1:00	Otumoetai	Junior	Riccardo Pini
Thursday	8th October	PM	6:30	7:45	1:15	Otumoetai	Junior	Riccardo Pini
Friday	9th October	PM	4:00	5:00	1:00	Greerton	Junior	Tai Daniela
Friday	9th October	PM	4:30	5:30	1:00	Otumoetai	Junior	Riccardo Pini
Saturday	10th October	AM	7:00	8:30	1:30	Greerton	Junior	Tai Daniela
Monday	12th October	PM	4:00	5:00	1:00	Greerton	Junior	Tai Daniela
Cancelled go to OTU session								
Monday	12th October	PM	4:45	6:00	1:15	Otumoetai	Junior	Riccardo Pini
Tuesday	13th October	PM	4:00	5:00	1:00	Otumoetai	Junior	Riccardo Pini
Tuesday	13th October	PM	6:30	7:45	1:15	Otumoetai	Junior	Riccardo Pini
Wednesday	14th October	PM	4:30	5:30	1:00	Otumoetai	Junior	Tai Daniela
Thursday	15th October	PM	4:00	5:00	1:00	Greerton	Junior	Tai Daniela
Friday	16th October	PM	4:30	5:30	1:00	Otumoetai	Junior	Tai Daniela
Saturday	17th October	AM	7:00	8:30	1:30	Greerton	Junior	Tai Daniela
Monday	19th October	PM	4:00	5:00	1:00	Greerton	Junior	Mike Lee
Monday	19th October	PM	4:45	6:00	1:15	Otumoetai	Junior	Tai Daniela
Tuesday	20th October	PM	4:00	5:00	1:00	Otumoetai	Junior	Tai Daniela
Tuesday	20th October	PM	6:30	7:45	1:15	Otumoetai	Junior	Tai Daniela
Wednesday	21st October	PM	4:30	5:30	1:00	Otumoetai	Junior	Mike Lee
Thursday	22nd October	PM	4:00	5:00	1:00	Otumoetai	Junior	Mike Lee
Thursday	22nd October	PM	6:30	7:45	1:15	Otumoetai	Junior	Mike Lee
Friday	23rd October	NO SESSION						
Monday	26th October	NO SESSION						
Tuesday	27th October	NORMAL TIMETABLE RESUMES						

Middle Squad

Day	Date	AM/PM	Start	Finish	Duration	Pool	Squad	Coach
Monday	28th September	AM	6:00	7:30	1:30	Otumoetai	Middle	Riccardo Pini
Monday	28th September	PM	5:00	6:30	1:30	Greerton	Middle	Mike Lee
Tuesday	29th September	PM	5:00	6:30	1:30	Otumoetai	Middle	Riccardo Pini
Wednesday	30th September	AM	6:00	7:30	1:30	Greerton	Middle	Mike Lee
Wednesday	30th September	PM	5:30	7:00	1:30	Otumoetai	Middle	Riccardo Pini
Thursday	1st October	PM	5:00	6:30	1:30	Otumoetai	Middle	Riccardo Pini
Friday	2nd October	PM	5:00	6:30	1:30	Greerton	Middle	Mike Lee
Saturday	3rd October	AM	7:00	8:30	1:30	Greerton	Middle	Riccardo Pini
Monday	5th October	AM	6:00	7:30	1:30	Otumoetai	Middle	Tai Daniela
Monday	5th October	PM	5:00	6:30	1:30	Greerton	Middle	Tai Daniela
Tuesday	6th October	PM	5:00	6:30	1:30	Otumoetai	Middle	Riccardo Pini
Wednesday	7th October	AM	6:00	7:30	1:30	Greerton	Middle	Tai Daniela
Wednesday	7th October	PM	5:30	7:00	1:30	Otumoetai	Middle	Riccardo Pini
Thursday	8th October	PM	5:00	6:30	1:30	Otumoetai	Middle	Riccardo Pini
Friday	9th October	PM	5:00	6:30	1:30	Greerton	Middle	Tai Daniela
Saturday	10th October	AM	7:00	8:30	1:30	Greerton	Middle	Tai Daniela
Monday	12th October	AM	6:00	7:30	1:30	Otumoetai	Middle	Tai Daniela
Monday	12th October	PM	5:00	6:30	1:30	Greerton	Middle	Tai Daniela
Tuesday	13th October	PM	5:00	6:30	1:30	Otumoetai	Middle	Riccardo Pini
Wednesday	14th October	AM	6:00	7:30	1:30	Greerton	Middle	Tai Daniela
Wednesday	14th October	PM	5:30	7:00	1:30	Otumoetai	Middle	Tai Daniela
Thursday	15th October	PM	5:00	6:30	1:30	Greerton	Middle	Tai Daniela
Friday	16th October	PM	5:30	6:30	1:00	Otumoetai	Middle	Tai Daniela
Saturday	17th October	AM	7:00	8:30	1:30	Greerton	Middle	Tai Daniela
Monday	19th October	AM	6:00	7:30	1:30	Otumoetai	Middle	Tai Daniela
Monday	19th October	PM	5:00	6:30	1:30	Greerton	Middle	Mike Lee
Tuesday	20th October	PM	5:00	6:30	1:30	Otumoetai	Middle	Tai Daniela
Wednesday	21st October	AM	6:00	7:30	1:30	Greerton	Middle	Tai Daniela
Wednesday	21st October	PM	5:30	7:00	1:30	Otumoetai	Middle	Mike Lee
Thursday	22nd October	PM	5:00	6:30	1:30	Otumoetai	Middle	Mike Lee
Friday	23rd October	NO SESSION						
Monday	26th October	NO SESSION						
Tuesday	27th October	NORMAL TIMETABLE RESUMES						

Senior 1 and Senior 2

Day	Date	AM/PM	Start	Finish	Duration	Pool	Squad	Coach
Monday	28th September	AM	7:00	9:00	2:00	Greerton	Senior 1	Mike Lee
Monday	28th September	AM	7:00	9:00	2:00	Greerton	Senior 2	Mike Lee
Tuesday	29th September	AM	7:00	9:00	2:00	Greerton	Senior 1	Mike Lee
Tuesday	29th September	AM	7:00	9:00	2:00	Greerton	Senior 2	Mike Lee
Wednesday	30th September	AM	7:00	9:00	2:00	Greerton	Senior 1	Mike Lee
Wednesday	30th September	AM	7:00	9:00	2:00	Greerton	Senior 2	Mike Lee
Thursday	1st October	AM	7:00	9:00	2:00	Greerton	Senior 1	Mike Lee
Thursday	1st October	AM	7:00	9:00	2:00	Greerton	Senior 2	Mike Lee
Friday	2nd October	AM	7:00	9:00	2:00	Greerton	Senior 1	Mike Lee
Friday	2nd October	AM	7:00	9:00	2:00	Greerton	Senior 2	Mike Lee
Saturday	3rd October	AM	7:00	9:00	2:00	Otumoetai	Senior 1	Mike Lee
Saturday	3rd October	AM	7:00	9:00	2:00	Otumoetai	Senior 2	Mike Lee

5th Oct - 10th Oct NZSC in Hamilton.

**All S2 swimmers not competing at NZSC but
attending NZ Secondary Schools to attend Middle Squad sessions.
Senior 1 and Senior 2 rested from 12th October - 26th October.**