

Stroke Development						
Day	AM/PM	Start	Finish	Duration	Venue	Coach
Monday	PM	6:00	7:00	1:00	Otumoetai	Riccardo Pini
Tuesday	PM	3:30	4:30	1:00	Greerton	Mike Lee
Wednesday	PM	3:30	4:30	1:00	Otumoetai	Riccardo Pini
Thursday	PM	3:30	4:30	1:00	Greerton	Tai Daniela
Friday	PM	3:30	4:30	1:00	Otumoetai	Riccardo Pini
Saturday	AM	8:30	9:30	1:00	Greerton	Tai Daniela

Junior Squad						
Day	AM/PM	Start	Finish	Duration	Venue	Coach
Monday	PM	3:30	4:30	1:00	Greerton	Mike Lee
Monday	PM	5:45	7:00	1:00	Otumoetai	Tai Daniela
Tuesday	PM	4:00	5:15	1:15	Otumoetai	Riccardo Pini
Wednesday	PM	3:30	4:30	1:00	Greerton	Mike Lee
Wednesday	PM	4:30	5:30	1:00	Otumoetai	Riccardo Pini
Thursday	PM	4:00	5:15	1:15	Otumoetai	Riccardo Pini
Friday	PM	3:30	4:30	1:00	Greerton	Mike Lee
Friday	PM	4:30	5:30	1:00	Otumoetai	Riccardo Pini
Saturday	AM	7:00	8:30	1:30	Greerton	Tai Daniela

Middle Squad						
Day	AM/PM	Start	Finish	Duration	Venue	Coach
Monday	AM	6:00	7:30	1:30	Otumoetai	Tai Daniela
Monday	PM	6:30	8:00	1:30	Greerton	Mike Lee
Tuesday	PM	5:15	6:45	1:30	Otumoetai	Riccardo Pini
Wednesday	AM	6:00	7:30	1:30	Greerton	Tai Daniela
Wednesday	PM	5:30	7:00	1:30	Otumoetai	Riccardo Pini
Thursday	PM	5:15	6:45	1:30	Otumoetai	Riccardo Pini
Friday	PM	4:30	6:00	1:30	Greerton	Tai Daniela
Saturday	AM	7:00	8:30	1:30	Greerton	Tai Daniela

Senior 2 Squad						
Day	AM/PM	Start	Finish	Duration	Venue	Coach
Monday	AM	6:00	7:30	1:30	Greerton	Mike Lee
Monday	PM	4:00	5:45	1:45	Otumoetai	Tai Daniela
Tuesday	AM	6:00	7:30	1:30	Greerton	Mike Lee
Tuesday	PM	5:00	6:30	1:30	Greerton	Tai Daniela
Wednesday	AM	6:00	7:30	1:30	Greerton	Tai Daniela
Wednesday	PM	4:30	6:30	2:00	Greerton	Mike Lee
Thursday	AM	6:00	7:30	1:30	Greerton	Mike Lee
Friday	AM	6:00	7:30	1:30	Greerton	Mike Lee
Friday	PM	4:30	6:00	1:30	Greerton	Tai Daniela
Saturday	AM	7:00	9:00	2:00	Otumoetai	Mike Lee

Senior 1 Squad						
Day	AM/PM	Start	Finish	Duration	Venue	Coach
Monday	AM	6:00	8:00	2:00	Greerton	Mike Lee
Monday	PM	4:30	6:30	2:00	Greerton	Mike Lee
Tuesday	AM	6:00	8:00	2:00	Greerton	Mike Lee
Tuesday	PM	5:00	7:00	2:00	Greerton	Mike Lee
Wednesday	PM	4:30	6:30	2:00	Greerton	Mike Lee
Thursday	AM	6:00	8:00	2:00	Greerton	Mike Lee
Thursday	PM	4:30	6:30	2:00	Greerton	Tai Daniela
Friday	AM	6:00	7:30	1:30	Greerton	Mike Lee
Saturday	AM	7:00	9:00	2:00	Otumoetai	Mike Lee