

**latest draft of Training Schedule Inclusive of All Training (Land & Swim) SEPTEMBER 2021 (updated 29 Sep)**

SQUADS	Mon PM	Tue PM	Wed AM	Wed PM	Thu PM	Fri AM	Fri PM	Sat AM	Sat PM	Sun PM
<b>Performance 1 13/OVER - MICHAEL FASCHING</b>										
Dryland	1630-1645	1830-1845	0515-0615	1630-1645	1830-1845	0515-0525	1630-1645	0600-0645		
Swim	1645-1845	1630-1830	0615-0645	1645-1845	1630-1830	0525-0645	1645-1845	0645-0900		
<b>Performance 1 - Kevin Chow</b>										
Dryland			0515-525			0515-0525				
Swim	1645-1830	1645-1830	0525-0645	1645-1830	1645-1830	0525-0645	1645-1830	0700-0900		
<b>Performance 1 - Chui Wai Chun</b>										
Dryland			0515-525			0515-0525				
Swim	1645-1830	1645-1830	0525-0645	1645-1830	1645-1830	0525-0645	1645-1830	0700-0900		
<b>Competitive Squad - Chui Wai Chun</b>										
Dryland			0515-0525			0515-0525				
Swim		1830-2000	0525-0700		1830-2000	0525-0645			1800-1930	1700-1900
<b>Gold SCAA - Lead Coach Scott Fong</b>										
Dryland			0515-0525			0515-0525				from 10th Oct
Swim	1830-2000		0525-0645	1830-2000		0525-0645	1830-2000		1800-1930	1730 - 1915
<b>Silver 1 SCAA - Lead Coach Kelvin Cheng</b>										
Swim	1830-1945			1830-1945			1830-1945			1600-1715
<b>Silver 2 SCAA - Lead Coach Kelvin Cheng</b>										
Swim		1830-1945			1830-1945				1715-1830	1600-1715
<b>Bronze 1 SCAA - Lead Coach Kevin Chow</b>										
Swim	1830-1930			1830-1930			1830-1930			
<b>Bronze 2 SCAA - Lead Coach Kevin Chow</b>										
Swim		1830-1930			1830-1930				1700-1800	
<b>Club Squad - Albert Yuen</b>										
Swim		1830-1930			1830-1930				1800-1930	