

**SCAA TRAINING DURING SCAA 'CLOSURE' (LTS suspension period) JANUARY 16-27**

DATE	DAY	SQUAD	TIME TRAINING	MAIN COACH
16TH	MONDAY	PERFORMANCE (all)	16.30-1830	MIKE AND CHUI
		GOLD	1830-2000	CHUI
		SILVER 1	1830-2000	MIKE
		BRONZE 1	1830-1930	MIKE
17TH	TUESDAY	PERFORMANCE (all)	1630-1830 (no core training)	MIKE AND CHUI
		COMPETITIVE	1830-2000	CHUI
		CLUB TRAINING	1830-1930	ALBERT
		SILVER 2	1830-2000	MIKE
		BRONZE 2	1830-1930	MIKE
18TH	WEDNESDAY	Early am Perf Mike	0515-0645 (0700 if no school)	MIKE
	AM	Early am Perf Chui	0515-0645	CHUI
		COMPETITIVE	0515-0645	CHUI
		GOLD	0515-0645	CHUI
	WEDNESDAY			
	PM	PERFORMANCE (all)	16.30-1830	MIKE AND CHUI
		GOLD	1830-2000	CHUI
		SILVER 1	1830-2000	MIKE
		BRONZE 1	1830-1930	MIKE
19TH	THURSDAY	PERFORMANCE (all)	1630-1830 (no core training)	MIKE AND CHUI
		COMPETITIVE	1830-2000	CHUI
		CLUB TRAINING	1830-1930	ALBERT
		SILVER 2	1830-2000	MIKE
		BRONZE 2	1830-1930	MIKE
20TH	FRIDAY	Early am Perf Mike	0515-0645 (0700 if no school)	MIKE
	AM	Early am Perf Chui	0515-0645	CHUI
		COMPETITIVE	0515-0645	CHUI
		GOLD	0515-0645	CHUI
	FRIDAY			
	PM	PERFORMANCE (all)	16.30-1830	MIKE AND CHUI
		GOLD	1830-2000	CHUI
		SILVER 1	1830-2000	MIKE
		BRONZE 1	1830-1930	MIKE
21ST	SATURDAY	PERFORMANCE Mike	Land 0600-0650 Swim 0700-0900	MIKE
	AM	PERFORMANCE Chui	0700-0900	CHUI
		GOLD	0900-1030	CHUI
		COMPETITIVE	0900-1030	CHUI
		SILVER 1 and 2	0900-1030	MIKE
		BRONZE 1 and 2	0900-1000	MIKE
		CLUB TRAINING	1030-1130	ALBERT
22ND	SUNDAY	NONE	CHINESE NEW YEAR	
23RD	MONDAY	NONE	CHINESE NEW YEAR	
24TH	TUESDAY	NONE	CHINESE NEW YEAR	
25TH	WEDNESDAY	NONE	CHINESE NEW YEAR	

26TH	THURSDAY	PERFORMANCE (all)	16.30-1830	MIKE AND CHUI
		COMPETITIVE	1830-2000	CHUI
		CLUB TRAINING	1830-1930	CHUI
		SILVER <b>1 and 2</b>	1830-2000	MIKE
		BRONZE <b>1 and 2</b>	1830-1930	MIKE
27TH	FRIDAY	PERFORMANCE Mike	0900-1100	MIKE
	AM	PERFORMANCE Chui	0900-1100	CHUI
		COMPETITIVE	0900-1100	CHUI
		GOLD	0900-1100	CHUI
	FRIDAY	PERFORMANCE (all)	16.30-1830	MIKE AND CHUI
	PM	GOLD	1830-2000	CHUI
		SILVER <b>1 and 2</b>	1830-2000	MIKE
		BRONZE <b>1 and 2</b>	1830-1930	MIKE
28TH	SATURDAY	ALL SQUADS	RETURN TO NORMAL SCHEDULE	