

Training Breaks Season 2021/22

Training breaks for each squad are scheduled around the competition calendar and holiday periods. Details of the breaks planned in Season 2021/22 are provided in the table below

Squad	Scheduled Breaks
Open High Performance	TBA; at the discretion of the Head Coach
National Age/Target	2 weeks after National Age/Open Champs 1 week over the Christmas/New Year period
State Open/Youth/Target/State Junior	2 weeks during April (Easter school holidays) 1 week over the Christmas/New Year period
Junior Squads and State Development	1 weeks over the Christmas/New Year period 2 weeks during April (Easter school holidays)

Please Note: Due to the interruptions to the regular training timetable during lockdowns, the Club's Junior and State Development squads will only have a short break over Christmas/New Year and resume the week of 3rd January 2022.