

Training Breaks

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 (Note: Due to the interruptions to the regular training timetable during lockdown, training for all the Club's squads will continue to swim as normal over the September school holidays).

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	2 weeks over the Christmas/New Year period 2 weeks during April (Easter school holidays)