

# Training Breaks Season 2022-23

Training breaks for each of the Club's squads are scheduled around the competition calendar and holiday periods.

Details of the breaks planned in Season 2022-23 are provided in the table below \*.

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

\* Please Note: The planned breaks may change due to unforeseen circumstances; the coaches will endeavour to provide families with as much notice as possible of any changes.