



## 2017/2018 NSC Christmas Squad Training Schedule

	HP	National Blue	National Red	National Age Development	State Youth	
Monday, 11 December 2017	Queensland Open Championships + Training Camp	Victorian Age Championships	Victorian Age Championships	Victorian Age Championships	Victorian Age Championships	Monday, 11 December 2017
Tuesday, 12 December 2017						Tuesday, 12 December 2017
Wednesday, 13 December 2017						Wednesday, 13 December 2017
Thursday, 14 December 2017						Thursday, 14 December 2017
Friday, 15 December 2017						Friday, 15 December 2017
Saturday, 16 December 2017		No Training	No Training	Training Break	Training Break	Saturday, 16 December 2017
Sunday, 17 December 2017		No Training	No Training			Sunday, 17 December 2017
Monday, 18 December 2017		No Training	No Training			Monday, 18 December 2017
Tuesday, 19 December 2017		5.00 am - 7.00 am PA 4.00 pm - 6.00 pm PA	5.00 am - 7.00 am Nuna 5.00 pm - 6.00 pm Gym 6.00 pm - 7.30 pm Nuna			Tuesday, 19 December 2017
Wednesday, 20 December 2017		5.00 am - 7.00 am Nuna 7.00 am - 8.00 am Gym	No Training			Wednesday, 20 December 2017
Thursday, 21 December 2017		5.00 pm - 7.00 pm PA	5.00 pm - 7.00 pm PA			Thursday, 21 December 2017
Friday, 22 December 2017		No Training	5.00 am - 7.00 am Nuna			Friday, 22 December 2017
Saturday, 23 December 2017		5.00 pm - 7.00 pm PA	5.00 pm - 7.00 pm PA			Saturday, 23 December 2017
Sunday, 24 December 2017		5.00 am - 6.00 am Nuna 6.00 am - 7.00 am Gym	5.00 am - 7.00 am Nuna 7.00 am - 8.00 am Gym			Sunday, 24 December 2017
Monday, 11 December 2017		4.00 pm - 6.00 pm PA	No Training			Monday, 11 December 2017
Tuesday, 12 December 2017	5.00 am - 7.00 am Nuna	5.00 am - 7.00 am PA	Tuesday, 12 December 2017			
Wednesday, 13 December 2017	No Training	4.00 pm - 6.00 pm Nuna 6.00 pm - 7.00 pm Gym	Wednesday, 13 December 2017			
Thursday, 14 December 2017	Training Break	Training Break	Thursday, 14 December 2017			
Friday, 15 December 2017	Training Break	Training Break	Friday, 15 December 2017			
Saturday, 16 December 2017	Training Break	Training Break	Saturday, 16 December 2017			
Sunday, 17 December 2017	Training Break	Training Break	Sunday, 17 December 2017			
Monday, 18 December 2017	Training Break	Training Break	Monday, 18 December 2017			
Tuesday, 19 December 2017	Training Break	Training Break	Tuesday, 19 December 2017			
Wednesday, 20 December 2017	Training Break	Training Break	Wednesday, 20 December 2017			
Thursday, 21 December 2017	Training Break	Training Break	Thursday, 21 December 2017			
Friday, 22 December 2017	Training Break	Training Break	Friday, 22 December 2017			
Saturday, 23 December 2017	Training Break	Training Break	Saturday, 23 December 2017			
Sunday, 24 December 2017	Training Break	Training Break	Sunday, 24 December 2017			

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	HP	National Blue	National Red	National Age Development	State Youth	
Monday, 25 December 2017	Training Break	Training Break	Training Break	Training Break	Training Break	Monday, 25 December 2017
Tuesday, 26 December 2017						4.00 pm - 6.00 pm Nuna
Wednesday, 27 December 2017	6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym					Wednesday, 27 December 2017
	4.00 pm - 6.00 pm Nuna					
Thursday, 28 December 2017	No Training					Thursday, 28 December 2017
	4.00 pm - 6.00 pm Nuna					
Friday, 29 December 2017	6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym					Friday, 29 December 2017
	4.00 pm - 6.00 pm Nuna					
Saturday, 30 December 2017	6.00 am - 8.00 am Nuna 8:15 am Gym					Saturday, 30 December 2017
	No Training					
Sunday, 31 December 2017	Training Break	Sunday, 31 December 2017				
Monday, 1 January 2018		4.00 pm - 6.00 pm Nuna	Monday, 1 January 2018			
Tuesday, 2 January 2018	6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym	5.00 am - 6.00 am Nuna 6.00 am - 7.00 am Gym	5.00 am - 7.00 am PA	Tuesday, 2 January 2018		
	4.00 pm - 6.00 pm PA	4.00 pm - 6.00 pm Nuna	No Training			
Wednesday, 3 January 2018	No Training	5:00 - 7:00 am Nuna	5.00 am - 6.00 am Nuna 6.00 am - 7.00 am Gym	Wednesday, 3 January 2018		
	4.00 pm - 6.00 pm PA	No Training	4.00 pm - 6.00 pm Nuna			
Thursday, 4 January 2018	6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym	5.00 am - 6.00 am Nuna 6.00 am - 7.00 am Gym	No Training	Thursday, 4 January 2018		
	4.00 pm - 6.00 pm PA	4.00 pm - 6.00 pm Nuna	5.00 pm - 7.00 pm PA			
Friday, 5 January 2018	6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym	No Training	5.00 am - 7.00 am PA	Friday, 5 January 2018		
	4.00 pm - 6.00 pm Nuna	4.00 pm - 6.00 pm PA	5.00 pm - 6.00 pm Gym 6.00 pm - 7.30 pm Nuna			
Saturday, 6 January 2018	6.00 am - 8.00 am Nuna	6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym	6.00 am - 8.00 am Nuna	Saturday, 6 January 2018		
	No Training	No Training	No Training			
Sunday, 7 January 2018	No Training	No Training	No Training	Sunday, 7 January 2018		
	No Training	No Training	No Training			

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	HP	National Blue	National Red	National Age Development	State Youth		
Monday, 8 January 2018	6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym	5.00 am - 7.00 am PA	5.00 am - 7.00 am PA	No Training	Training Break	Monday, 8 January 2018	
	4.00 pm - 6.00 pm PA	4.00 pm - 6.00 pm PA	4:00 - 6:00 pm Nuna 6:00 - 7:00 pm Gym	5.00 pm - 6.00 pm Gym 6.00 pm - 7.30 pm Nuna			
Tuesday, 9 January 2018	6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym	5.00 am - 6.00 am Nuna 6.00 am - 7.00 am Gym	5.00 am - 7.00 am PA	No Training		Tuesday, 9 January 2018	
	4.00 pm - 6.00 pm PA	4.00 pm - 6.00 pm PA	No Training	4.00 - 6.00 pm Nuna			
Wednesday, 10 January 2018	No Training	No Training	5.00 am - 7.00 am Nuna 7.00 am - 8.00 am Gym	No Training		Wednesday, 10 January 2018	
	4.00 pm - 6.00 pm PA	4.00 pm - 6.00 pm Nuna	5.00 pm - 7.00 pm PA	5.00 pm - 6.00 pm Gym 6.00 pm - 7.30 pm Nuna			
Thursday, 11 January 2018	6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym	5.00 am - 6.00 am Nuna 6.00 am - 7.00 am Gym	No Training	No Training		Thursday, 11 January 2018	
	4.00 pm - 6.00 pm PA	4.00 pm - 6.00 pm PA	4.00 pm - 6.00 pm Nuna	6:00 - 7:30pm Nuna			
Friday, 12 January 2018	VIC Opens	VIC Opens	VIC Opens	5:00 - 7:00 am Nuna		Friday, 12 January 2018	
				No Training			
Saturday, 13 January 2018				6.00 - 8.00 am Nuna			Saturday, 13 January 2018
				No Training			
Sunday, 14 January 2018				No Training			Sunday, 14 January 2018
	No Training						
Monday, 15 January 2018	No Training	No Training	No Training	5.00 - 7.00am Nuna	Monday, 15 January 2018		
	4.00 pm - 6.00 pm PA	5.00 pm - 7.00 pm PA	5.00 pm - 6.00 pm Gym 6.00 pm - 7.30 pm Nuna	4:00 - 6:00pm Nuna		5.00 pm - 6.30 pm Tintern	
Tuesday, 16 January 2018	6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym	5.00 am - 6.00 am Nuna 6.00 am - 7.00 am Gym	5.00 am - 7.00 am PA	No Training	Tuesday, 16 January 2018		
	4.00 pm - 6.00 pm PA	5.00 pm - 7.00 pm PA	No Training	4.00 pm - 6.00 pm Nuna		5.00 pm - 6.00pm Gym 6.00 pm - 7.30 pm Nuna	
Wednesday, 17 January 2018	No Training	No Training	No Training	5.00 am - 7.00 am Nuna 7.00 am - 8.00 am Gym	Wednesday, 17 January 2018		
	4.00 - 6.00 pm PA	4.00 pm - 6.00 pm Nuna	5.00 pm - 7.00 pm PA	No Training		5.00 pm - 6.30 pm Tintern	
Thursday, 18 January 2018	NSW Opens	5.00 am - 6.00 am Nuna 6.00 am - 7.00 am Gym	5.00 am - 7.00 am Nuna 7.00 am - 8.00 am Gym	No Training	Thursday, 18 January 2018		
		4.00 pm - 6.00 pm PA	No Training	5.00 pm - 7.00 pm Tintern		4.00 pm - 6.00 pm Nuna	
Friday, 19 January 2018		5.00 am - 7.00 am PA	5.00 am - 7.00 am PA	No Training	Friday, 19 January 2018		
No Training		5.00 pm - 6.00 pm Gym 6.00 pm - 7.30 pm Nuna	4.00 pm - 6.00 pm Nuna	5.00 am - 7.00 am Nuna 7.00 am - 8.00 am Gym		No Training	
Saturday, 20 January 2018		6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym	6.00 am - 8.00 am Nuna	6.00 am - 8.00 am Nuna	5.00 am - 6.30 am Nuna 6.30 am - 8.00 am Gym	Saturday, 20 January 2018	
		No Training	No Training	No Training	6.00 am - 8.00 am Tintern		
Sunday, 21 January 2018		No Training	No Training	No Training	No Training	Sunday, 21 January 2018	
		No Training	No Training	No Training	No Training		

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	HP	National Blue	National Red	National Age Development	State Youth	
<b>Monday, 22 January 2018</b>	No Training	5.00 am - 7.00 am PA	5.00 am - 7.00 am PA	No Training	5.00 am - 7.00 am Nuna 7.00 am - 8.00 am Gym	<b>Monday, 22 January 2018</b>
	4.00 pm - 6.00 pm PA	5.00 pm - 7.00 pm PA	5.00 pm - 6.00 pm Gym 6.00 pm - 7.30 pm Nuna	4.00 pm - 6.00 pm Nuna	No Training	
<b>Tuesday, 23 January 2018</b>	6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym	5.00 am - 6.00 am Nuna 6.00 am - 7.00 am Gym	5.00 am - 7.00 am PA	5.00 am - 7.00 am Tintern	5.00 am - 7.00 am Tintern	<b>Tuesday, 23 January 2018</b>
	4.00 pm - 6.00 pm PA	No Training	5.00 pm - 7.00 pm PA	4.00 pm - 6.00 pm Nuna 6.00 pm - 7.00 pm Gym	6.00 pm - 7.30 pm Wesley	
<b>Wednesday, 24 January 2018</b>	No Training	5.00 - 7.00 am Nuna	No Training	No Training	5.00 am - 6.00 am Nuna 6.00 am - 7.00 am Gym	<b>Wednesday, 24 January 2018</b>
	4.00 pm - 6.00 pm PA	5.00 pm - 7.00 pm PA	4.00 pm - 6.00 pm Nuna	6.00 pm - 7.30 pm Nuna 5.00 pm - 6.00 pm Gym	No Training	
<b>Thursday, 25 January 2018</b>	7.00 am - 9.00 am Tintern	5.00 am - 6.00 am Nuna 6.00 am - 7.00 am Gym	5.00 am - 7.00 am Nuna 7.00 am - 8.00 am Gym	5.00 am - 7.00 am Tintern	5.00 am - 7.00 am Tintern	<b>Thursday, 25 January 2018</b>
	4.00 pm - 6.00 pm PA	4.00 pm - 6.00 pm Nuna	5.00 pm - 7.00 pm PA	6.00 pm - 7.30 pm Nuna	6.00 pm - 7.30 pm Wesley	
<b>Friday, 26 January 2018</b>	6.00 am - 8.00 am Nuna 8.00 am - 9.00 am Gym	6.00 am - 8.00 am Nuna	6.00 am - 8.00 am Nuna	No Training	No Training	<b>Friday, 26 January 2018</b>
	No Training	No Training	No Training	No Training	No Training	
<b>Saturday, 27 January 2018</b>	6.00 am - 8.00 am Nuna	No Training	No Training	No Training	No Training	<b>Saturday, 27 January 2018</b>
	No Training	No Training	No Training	No Training	No Training	
<b>Sunday, 28 January 2018</b>	No Training	No Training	No Training	No Training	No Training	<b>Sunday, 28 January 2018</b>
	No Training	No Training	No Training	No Training	No Training	