



## WAG TRAINING SESSIONS DURING JAN SCHOOL HOLIDAYS (2018)

Squad	Coach(es)	SCHOOL HOLIDAYS – Week 1					SCHOOL HOLIDAYS – Week 2					SCHOOL HOLIDAYS – Week 3				
		Mon 8/1	Tues 9/1	Wed 10/1	Thur 11/1	Fri 12/1	Mon 15/1	Tue 16/1	Wed 17/1	Thur 18/1	Fri 19/1	Mon 22/1	Tues 23/1	Wed 24/1	Thur 25/1	Fri 26/1
<b>Seniors</b>	Alysha & Josh	4:00PM – 8:00PM		4:00PM – 8:00PM		12:00PM – 4:00PM	4:00PM – 8:00PM		4:00PM – 8:00PM		12:00PM – 4:00PM	4:00PM – 8:00PM		4:00PM – 8:00PM	12:00PM – 4:00PM	
<b>Team Cassie</b>	Cassie	4:00PM – 8:00PM	4:00PM – 8:00PM	4:00PM – 7:00PM		12:00PM – 4:00PM	4:00PM – 8:00PM	4:00PM – 8:00PM	4:00PM – 7:00PM		12:00PM – 4:00PM	4:00PM – 8:00PM	4:00PM – 8:00PM	4:00PM – 7:00PM	12:00PM – 4:00PM	
<b>Team Bridget</b>	Bridget						4:00PM – 7:00PM		4:00PM – 7:00PM		12:00PM – 4:00PM	4:00PM – 7:00PM		4:00PM – 7:00PM	12:00PM – 4:00PM	
<b>Team Karen &amp; Bridget ALP 3/4</b>	Bridget & Karen						1:00PM – 4:00PM			4:00PM – 7:00PM	9:00AM – 12:00PM	1:00PM – 4:00PM	4:00PM – 7:00PM		4:00PM – 7:00PM	
<b>Junior Team Alysha</b>	Alysha															
<b>Foundation 1</b>	Jess C, Bianca, Zoe & Hannah															
<b>Development Squad</b>	Cassie, Karen & Alysha									7:00AM – 10:00AM					7:00AM – 10:00AM	



## WAG TRAINING SESSIONS DURING APR SCHOOL HOLIDAYS (2018)

Squad	Coach(es)	SCHOOL HOLIDAYS – Week 1					SCHOOL HOLIDAYS – Week 2				
		Mon 2/4	Tue 3/4	Wed 4/4	Thur 5/4	Fri 6/4	Mon 9/4	Tues 10/4	Wed 11/4	Thur 12/4	Fri 13/4
<b>Seniors</b>	Alysha & Josh		4:00PM – 8:00PM	4:00PM – 8:00PM		12:00PM – 4:00PM	4:00PM – 8:00PM		4:00PM – 8:00PM		12:00PM – 4:00PM
<b>ALP 5/6 Team Cassie</b>	Cassie						4:00PM – 8:00PM	4:00PM – 8:00PM	4:00PM – 7:00PM		12:00PM – 4:00PM
<b>ALP 4-6 Team Bridget</b>	Bridget						4:00PM – 7:00PM		4:00PM – 7:00PM		12:00PM – 4:00PM
<b>ALP 3/4 Team Karen &amp; Bridget</b>	Bridget & Karen						1:00PM – 4:00PM	4:00PM – 7:00PM		4:00PM – 7:00PM	
<b>ALP2 Team Alysha &amp; Cassie</b>	Alysha & Cassie							4:00PM – 7:00PM		4:00PM – 7:00PM	
<b>Foundation 1</b>	Jess C, Bianca, Zoe & Hannah							4:00PM – 6:00PM (Jess)		4:00PM – 6:00PM (Bianca & Hannah)	4:00PM – 6:00PM (Zoe)
<b>Development Squad</b>	Cassie, Karen & Alysha									7:00AM – 10:00AM	



## WAG TRAINING SESSIONS DURING JUL SCHOOL HOLIDAYS (2018)

Squad	Coach(es)	SCHOOL HOLIDAYS – Week 1					SCHOOL HOLIDAYS – Week 2				
		Mon 2/7	Tue 3/7	Wed 4/7	Thur 5/7	Fri 6/7	Mon 9/7	Tues 10/7	Wed 11/7	Thur 12/7	Fri 13/7
<b>Seniors</b>	Alysha & Josh	4:00PM – 8:00PM		4:00PM – 8:00PM		12:00PM – 4:00PM	4:00PM – 8:00PM		4:00PM – 8:00PM		12:00PM – 4:00PM
<b>ALP 5/6 Team Cassie</b>	Cassie	4:00PM – 8:00PM	3:30PM – 7:30PM	4:00PM – 7:00PM		12:00PM – 4:00PM	4:00PM – 8:00PM	3:30PM – 7:30PM	4:00PM – 7:00PM		12:00PM – 4:00PM
<b>ALP 4-6 Team Bridget</b>	Bridget	4:30PM – 7:30PM		4:30PM – 7:30PM		12:00PM – 4:00PM	4:30PM – 7:30PM		4:00PM – 7:00PM		12:00PM – 4:00PM
<b>ALP 4 Team Karen</b>	Karen	1:00PM – 4:00PM	4:30PM – 7:30PM		4:30PM – 7:30PM		1:00PM – 4:00PM	4:30PM – 7:30PM		4:30PM – 7:30PM	
<b>ALP 3 Team Bridget</b>	Bridget	1:00PM-4:00PM	4:30PM-7:30PM		4:30PM-7:30PM		1:00PM – 4:00PM	4:30PM – 7:30PM		4:30PM – 7:30PM	
<b>ALP2 Team Alysha &amp; Cassie</b>	Alysha & Cassie		12:00PM – 3:00PM		4:30PM-7:30PM						
<b>Foundation 1</b>	Jess C, Bianca, Zoe & Hannah							4:00PM – 6:00PM (Jess)		4:00PM – 6:00PM (Bianca & Hannah)	4:00PM – 6:00PM (Zoe)
<b>Development Squad</b>	Cassie Karen & Alysha							6:30AM-9:00AM		7:00AM – 10:00AM	
<b>Make Up Sessions</b>				Level 1-4: 4:00PM-7:00PM	Level 5-9: 3:00PM – 7:00PM				Level 1-4: 4:00PM-7:00PM	Level 5-9: 3:00pm – 7:00pm	



## WAG TRAINING SESSIONS DURING SEPT/OCT SCHOOL HOLIDAYS (2018)

Squad	Coach(es)	SCHOOL HOLIDAYS – Week 1					SCHOOL HOLIDAYS – Week 2				
		Mon 24/9	Tue 25/9	Wed 26/9	Thur 27/9	Fri 28/9	Mon 1/10	Tues 2/10	Wed 3/10	Thur 4/10	Fri 5/10
<b>Seniors</b>	Alysha & Josh	4:00PM – 8:00PM		4:00PM – 8:00PM	8:00AM-12:00PM						
<b>ALP 5/6 Team Cassie</b>	Cassie	4:00PM – 8:00PM	3:30PM – 7:30PM	4:00PM – 7:00PM	8:00AM-12:00PM		3:30PM – 7:30PM	3:30PM – 7:30PM	4:00PM – 7:00PM		12:00PM – 4:00PM
<b>ALP 4-6 Team Bridget</b>	Bridget	4:30PM – 7:30PM		4:00PM – 7:00PM	12:00PM – 4:00PM		4:30PM – 7:30PM		4:00PM – 7:00PM		12:00PM – 4:00PM
<b>ALP 4 Team Karen</b>	Karen	1:00PM – 4:00PM	4:30PM – 7:30PM		4:30PM – 7:30PM		1:00PM – 4:00PM	4:30PM – 7:30PM		4:00PM – 7:00PM	
<b>ALP 3 Team Bridget</b>	Bridget	1:00PM-4:00PM	4:30PM-7:30PM		4:30PM-7:30PM		1:00PM – 4:00PM	4:30PM – 7:30PM		4:00PM – 7:00PM	
<b>ALP2 Team Alysha &amp; Cassie</b>	Alysha & Cassie		12:00PM – 3:00PM		12:30PM – 3:30PM						
<b>Foundation 1</b>	Jess C, Bianca, Zoe & Hannah							4:00PM – 6:00PM (Jess)		4:00PM – 6:00PM (Bianca & Hannah)	4:00PM – 6:00PM (Zoe)
<b>Development Squad</b>	Cassie, Karen & Alysha							6:30AM-9:00AM		7:00AM – 10:00AM	
<b>Make Up Session</b>			Level 5-9: 11:00am – 3:00pm	Level 1-4: 4:00pm-7:00pm				Level 1-4: 4:00pm-7:00pm	Level 5 – 9: 3:00PM-7:00PM		