



MAG TRAINING DURING JANUARY SCHOOL HOLIDAYS (2021)

SQUAD	SCHOOL HOLIDAYS – Week 1						SCHOOL HOLIDAYS – Week 2								
	Sat 2/1	Mon 4/1	Tues 5/1	Wed 6/1	Thu 7/1	Fri 8/1	Mon 11/1	Tue 12/1	Wed 13/1	Thu 14/1	Fri 15/1				
High Performance	Athlete meeting & Training 10am-1pm / 2pm-5pm	3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm			3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm	International Program Day camps Monday - Thursday							
Senior 2		4:30pm-8:30pm	1:30pm-5:30pm	4:30pm-8:30pm			4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm	National Program Day camps Friday – Saturday				
Senior 1		4:30pm-8:30pm		4:30pm-8:30pm			4:30pm-8:30pm		4:30pm-8:30pm	4:30pm-8:30pm					
Snr. Make Up					4:30pm-8:30pm			10:00am-2:00pm							
Intermediate 2		10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm		10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm					
Intermediate 1		10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm		10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm					
Inter. Makeup						5:00pm-8:30pm			5:00pm-8:30pm						
Junior		Week off training					5:00pm-7:30pm		4:30pm-7:30pm		4:00pm-7:30pm				
Beginner													4:00pm-7:00pm		10:30am-1:30pm
Foundation													4:00pm-7:00pm		10:30am-1:30pm
Jnr. Makeup												4:00pm-7:00pm			



MAG TRAINING DURING JANUARY SCHOOL HOLIDAYS (2021) – continued

SQUAD	SCHOOL HOLIDAYS – Week 3				
	Mon 18/1	Tues 19/1	Wed 20/1	Thu 21/1	Fri 22/1
High Performance	3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm		3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm
Senior 2	4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm		4:30pm-8:30pm
Senior 1	4:30pm-8:30pm		4:30pm-8:30pm		4:30pm-8:30pm
Snr. Make Up				4:30pm-8:30pm	
Intermediate 2	10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm	
Intermediate 1	10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm	
Inter. Makeup					
Junior	5:00pm-7:30pm		4:30pm-7:30pm		4:00pm-7:30pm
Beginner			4:00pm-7:00pm		10:30am-1:30pm
Foundation			4:00pm-7:00pm		10:30am-1:30pm
Jnr. Makeup		4:00pm-7:00pm			



MAG TRAINING SESSIONS DURING JUNE/JULY SCHOOL HOLIDAYS (2021)

SQUAD	SCHOOL HOLIDAYS – Week 1					SCHOOL HOLIDAYS – Week 2				
	Mon 28/6	Tues 29/6	Wed 30/7	Thu 1/7	Fri 2/7	Mon 5/7	Tue 6/7	Wed 7/7	Thu 8/7	Fri 9/7
High Performance	3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm	Day camp 9am – 4pm	3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm	3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm	Day camp 9am – 4pm	3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm
Senior 2	4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm		4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm		4:30pm-8:30pm
Senior 1	4:30pm-8:30pm		4:30pm-8:30pm		4:30pm-8:30pm	4:30pm-8:30pm		4:30pm-8:30pm		4:30pm-8:30pm
Snr. Make Up				4:30pm-8:30pm					4:30pm-8:30pm	
Intermediate 2	10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm		10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm	
Intermediate 1	10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm		10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm	
Inter. Makeup					5:00pm-8:30pm					5:00pm-8:30pm
Junior	5:00pm-7:30pm		4:30pm-7:30pm		4:00pm-7:30pm	5:00pm-7:30pm		4:30pm-7:30pm		4:00pm-7:30pm
Beginner			4:00pm-7:00pm		10:30am-1:30pm			4:00pm-7:00pm		10:30am-1:30pm
Foundation					10:30am-1:30pm			4:00pm-7:00pm		
Jnr. Makeup		4:00pm-7:00pm					4:00pm-7:00pm			



MAG TRAINING SESSIONS DURING SEP/OCT SCHOOL HOLIDAYS (2021)

SQUAD	SCHOOL HOLIDAYS – Week 1					SCHOOL HOLIDAYS – Week 2				
	Mon 20/9	Tues 21/9	Wed 22/9	Thu 23/9	Fri 24/9	Mon 27/9	Tue 28/9	Wed 29/9	Thu 30/10	Fri 1/10
High Performance	3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm	Day camp 9am – 4pm	3:00pm-7:00pm	AFL Grand Final	3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm	Day camp 9am – 4pm	3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm
Senior 2	4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm		Week off training				
Senior 1	4:30pm-8:30pm		4:30pm-8:30pm							
Snr. Make Up		10:00am-2:00pm								
Intermediate 2	10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm		10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm	
Intermediate 1	10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm		10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm	
Inter. Makeup			5:00pm-8:30pm							5:00pm-8:30pm
Junior	5:00pm-7:30pm		4:30pm-7:30pm	10:00am-1:30pm		5:00pm-7:30pm		4:30pm-7:30pm		4:00pm-7:30pm
Beginner			4:00pm-7:00pm	10:30am-1:30pm				4:00pm-7:00pm		10:30am-1:30pm
Foundation			4:00pm-7:00pm	10:30am-1:30pm				4:00pm-7:00pm		10:30am-1:30pm
Jnr. Makeup		4:00pm-7:00pm				4:00pm-7:00pm				



MAG TRAINING SESSIONS DURING DECEMBER SCHOOL HOLIDAYS (2021)

SQUAD	SCHOOL HOLIDAYS – Week 2				
	Mon 20/12	Tue 21/12	Wed 22/12	Thur 23/12	Fri 24/12
High Performance	3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm	Day camp 9am – 4pm	3:00pm-7:00pm	1:30pm-4:30pm / 5:30pm-8:30pm
Senior 2	4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm		4:30pm-8:30pm
Senior 1	4:30pm-8:30pm		4:30pm-8:30pm		4:30pm-8:30pm
Snr. Make Up				4:30pm-8:30pm	
Intermediate 2	10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm	
Intermediate 1	10:00am-1:30pm	5:00pm-8:30pm		5:00pm-8:30pm	
Inter. Makeup					5:00pm-8:30pm
Junior	5:00pm-7:30pm		4:30pm-7:30pm		4:00pm-7:30pm
Beginner			4:00pm-7:00pm		10:30am-1:30pm
Foundation			4:00pm-7:00pm		10:30am-1:30pm
Jnr. Makeup		4:00pm-7:00pm			