

Armadale Masters Swimming Club

Club Calendar AUGUST 2022



DATE	DAY	ACTIVITY / EVENT	Venue/pools	Coach/organiser
1 st	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
2 nd	Tuesday	Technique Session Squad Training (7.00pm-8.00pm)	25m pool	Peter
3 rd	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
4 th	Thursday	Technique Session Squad Training (7.00pm-8.00pm)	25m pool	Peter
6 th	Saturday	Club Championships 8.30am warm up 9.00am start 100m, 50m and 25m choice Bring a plate morning tea	25m pool	Alex
6 th	Saturday	Maida Vale Masters 1500m	Darling Range Sports College	Self-register My Swim Results
8 th	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
9 th	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Derek
10 th	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
11 th	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Alex
13 th	Saturday	Squad Training (9.00am-10.00am) Technique session Form strokes	25m pool (2 lanes) 50m pool (2 lanes)	Alex
13 th	Saturday	Golden Gopers Relay Carnival	HBF Stadium	My Swim Results
15 th	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
16 th	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Fettes
17 th	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
18 th	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm) Endurance Swims	50m pool 25m pool	Hans/Alex
20 th	Saturday	Squad Training (9.00am-10.00am) Technique session Form strokes	25m pool (2 lanes) 50m pool (2 lanes)	Alex
22 nd	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
23 rd	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Fettes
24 th	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
25 th	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Heather
27 th	Saturday	Squad Training (9.00am-10.00am) Technique session Form strokes	25m pool (2 lanes) 50m pool (2 lanes)	Alex
29 th	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
30 th	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Colin
31 st	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff

Sunday morning Endurance contact Hans.

Mon\Wed morning Endurance contact Charles