

## WAG TEAM 1

GROUP: CT TEAM 1

COACH: Nadia

HOLIDAY TRAINING: 14/12/09 to 22/01/10 inclusive.

DETAILS: Competition team holidays: 2 weeks off during weeks 2 & 3.

### WEEK 1 = NSW GYMNASTS STILL AT SCHOOL

Week 1		Mon 14/12/09	Tue 15/12/09	Wed 16/12/09	Thur 17/12/09	Frid 18/12/09	Sat 19/12/09
	Start	3:00pm	3:00pm	3:00pm	3:00pm		
	Finish	6:30pm	7:00pm	7:00pm	6:30pm		GYM
	Hours	3 ½ hours	4 hours	4 hours	3 ½ hours		CLOSED
	NOTES	Running Shoes		Running Shoes			
Week 4		Mon 04/01/10	Tue 05/01/10	Wed 06/01/10	Thur 07/01/10	Frid 08/01/10	Sat 09/01/10
	Start	7:00am	7:00am	7:00am	7:00am		
	Finish	10:30am	11:00am	11:00am	10:30am		
	Hours	3 ½ hours	4 hours	4 hours	3 ½ hours		
	NOTES	Running Shoes		Running Shoes			
Week 5		Mon 11/01/10	Tue 12/01/10	Wed 13/01/10	Thur 14/01/10	Frid 15/01/10	Sat 16/01/10
	Start	7:00am	7:00am	7:00am	7:00am		
	Finish	10:30am	11:00am	11:00am	10:30am		
	Hours	3 ½ hours	4 hours	4 hours	3 ½ hours		
	NOTES	Running Shoes		Running Shoes			
Week 6		Mon 18/01/10	Tue 19/01/10	Wed 20/01/10	Thur 21/01/10	Frid 22/01/10	Sat 23/01/10
	Start	11:30am	7:00am	10:30am	7:00am		
	Finish	3:00pm	11:00am	2:30pm	10:30am		
	Hours	3 ½ hours	4 hours	4 hours	3 ½ hours		
	NOTES	Running Shoes		Running Shoes			

## WAG TEAM 2

GROUP: CT TEAM 2

COACH: Michelle

HOLIDAY TRAINING: 14/12/09 to 22/01/10 inclusive.

DETAILS: Competition team holidays: 2 weeks off during weeks 2 & 3.

### WEEK 1 = NSW GYMNASTS STILL AT SCHOOL

<b>Week 1</b>		Mon 14/12/09	Tue 15/12/09	Wed 16/12/09	Thur 17/12/09	Frid 18/12/09	Sat 19/12/09
	Start	3:30pm	3:30pm	3:00pm	3:30pm		
	Finish	7:00pm	7:00pm	6:30pm	7:00pm		GYM
	Hours	3 ½ hours	3 ½ hours	3 ½ hours	3 ½ hours		CLOSED
	NOTES	Running Shoes		Running Shoes	Running Shoes		
<b>Week 4</b>		Mon 04/01/10	Tue 05/01/10	Wed 06/01/10	Thur 07/01/10	Frid 08/01/10	Sat 09/01/10
	Start	9:30am	12:30pm	10:00am	9:30am		
	Finish	1:00pm	3:30pm	2:00pm	1:00pm		
	Hours	3 ½ hours	3 hours	4 hours	3 ½ hours		
	NOTES	Running Shoes		Running Shoes			
<b>Week 5</b>		Mon 11/01/10	Tue 12/01/10	Wed 13/01/10	Thur 14/01/10	Frid 15/01/10	Sat 16/01/10
	Start	10:00am	12:30pm	10:00am	9:30am		
	Finish	1:30pm	3:30pm	2:00pm	1:00pm		
	Hours	3 ½ hours	3 hours	4 hours	3 ½ hours		
	NOTES	Running Shoes		Running Shoes			
<b>Week 6</b>		Mon 18/01/10	Tue 19/01/10	Wed 20/01/10	Thur 21/01/10	Frid 22/01/10	Sat 23/01/10
	Start	2:00pm	10:00am	10:30am	9:30am		
	Finish	5:30pm	1:30pm	2:30pm	1:00pm		
	Hours	3 ½ hours	3 ½ hours	4 hours	3 ½ hours		
	NOTES	Running Shoes		Running Shoes			

## WAG TEAM 3

**GROUP:** CT TEAM 3

**COACH:** Shannon

**HOLIDAY TRAINING:** 14/12/09 to 22/01/10 inclusive.

**DETAILS:** Competition team holidays: 2 weeks off during weeks 2 & 3.

### WEEK 1 = NSW GYMNASTS STILL AT SCHOOL

<b>Week 1</b>		Mon 14/12/09	Tue 15/12/09	Wed 16/12/09	Thur 17/12/09	Frid 18/12/09	Sat 19/12/09
	Start	7:00am	7:00am	12:30pm	7:00am		
	Finish	10:30am	10:30am	4:00pm	10:30am		GYM
	Hours	3 ½ hours	3 ½ hours	3 ½ hours	3 ½ hours		CLOSED
	NOTES	Running Shoes	Running Shoes		Running Shoes		
<b>Week 4</b>		Mon 04/01/10	Tue 05/01/10	Wed 06/01/10	Thur 07/01/10	Frid 08/01/10	Sat 09/01/10
	Start	7:00am	7:00am	2:30pm	7:00am		
	Finish	10:30am	10:30am	6:00pm	10:30am		
	Hours	3 ½ hours	3 ½ hours	3 ½ hours	3 ½ hours		
	NOTES	Running Shoes	Running Shoes		Running Shoes		
<b>Week 5</b>		Mon 11/01/10	Tue 12/01/10	Wed 13/01/10	Thur 14/01/10	Frid 15/01/10	Sat 16/01/10
	Start	7:00am	7:00am		7:00am		
	Finish	11:00am	11:00am		11:00am		
	Hours	4 hours	4 hours		4 hours		
	NOTES	Running Shoes			Running Shoes		
<b>Week 6</b>		Mon 18/01/10	Tue 19/01/10	Wed 20/01/10	Thur 21/01/10	Frid 22/01/10	Sat 23/01/10
	Start	12:00 noon	7:00am	10:30am	7:00am		
	Finish	3:30pm	10:30am	2:00pm	10:30am		
	Hours	3 ½ hours	3 ½ hours	3 ½ hours	3 ½ hours		
	NOTES		Running Shoes		Running Shoes		

## WAG TEAM 4

**GROUP:** CT TEAM 4

**COACH:** Jane

**HOLIDAY TRAINING:** 14/12/09 to 22/01/10 inclusive.

**DETAILS:** Competition team holidays: 2 weeks off during weeks 2 & 3.

### WEEK 1 = NSW GYMNASTS STILL AT SCHOOL

Week 1		Mon 14/12/09	Tue 15/12/09	Wed 16/12/09	Thur 17/12/09	Frid 18/12/09	Sat 19/12/09
	Start	3:30pm	3:30pm	3:30pm	3:30pm		
	Finish	6:30pm	6:30pm	6:30pm	6:30pm		GYM
	Hours	3 hours	3 hours	3 hours	3 hours		CLOSED
	NOTES						
Week 4		Mon 04/01/10	Tue 05/01/10	Wed 06/01/10	Thur 07/01/10	Frid 08/01/10	Sat 09/01/10
	Start	2:30pm	7:30am	3:00pm	7:30am		
	Finish	5:30pm	10:30am	6:00pm	10:30am		
	Hours	3 hours	3 hours	3 hours	3 hours		
	NOTES						
Week 5		Mon 11/01/10	Tue 12/01/10	Wed 13/01/10	Thur 14/01/10	Frid 15/01/10	Sat 16/01/10
	Start	2:30pm	7:30am	7:30am		7:30am	
	Finish	5:30pm	10:30am	10:30am		10:30am	
	Hours	3 hours	3 hours	3 hours		3 hours	
	NOTES						
Week 6		Mon 18/01/10	Tue 19/01/10	Wed 20/01/10	Thur 21/01/10	Frid 22/01/10	Sat 23/01/10
	Start	2:30pm	7:30am	3:00pm		7:30am	
	Finish	5:30pm	10:30am	6:00pm		10:30am	
	Hours	3 hours	3 hours	3 hours		3 hours	
	NOTES						

## WAG TEAM 5

GROUP: CT TEAM 5

COACH: Natasha

HOLIDAY TRAINING: 14/12/09 to 22/01/10 inclusive.

DETAILS: Competition team holidays: 2 weeks off during weeks 2 & 3.

### WEEK 1 = NSW GYMNASTS STILL AT SCHOOL

Week 1		Mon 14/12/09	Tue 15/12/09	Wed 16/12/09	Thur 17/12/09	Frid 18/12/09	Sat 19/12/09
	Start	9:30am	9:30am	9:30am	9:30am		
	Finish	12:30pm	12:30pm	12:30pm	12:30pm		GYM
	Hours	3 hours	3 hours	3 hour	3 hour		CLOSED
	NOTES						
Week 4		Mon 04/01/10	Tue 05/01/10	Wed 06/01/10	Thur 07/01/10	Frid 08/01/10	Sat 09/01/10
	Start	9:30am	9:30am	9:30am	9:30am		
	Finish	12:30pm	12:30pm	12:30pm	12:30pm		
	Hours	3 hours	3 hours	3 hours	3 hours		
	NOTES						
Week 5		Mon 11/01/10	Tue 12/01/10	Wed 13/01/10	Thur 14/01/10	Frid 15/01/10	Sat 16/01/10
	Start	9:30am	9:30am	9:30am	9:30am		
	Finish	12:30pm	12:30pm	12:30pm	12:30pm		
	Hours	3 hours	3 hours	3 hours	3 hours		
	NOTES						
Week 6		Mon 18/01/10	Tue 19/01/10	Wed 20/01/10	Thur 21/01/10	Frid 22/01/10	Sat 23/01/10
	Start		9:30am	10:00am	9:30am	9:30am	
	Finish		12:30pm	1:00pm	12:30pm	12:30pm	
	Hours		3 hours	3 hours	3 hours	3 hours	
	NOTES						

## WAG TEAM 6

**GROUP:** CT TEAM 6

**COACH:** Natasha

**HOLIDAY TRAINING:** 14/12/09 to 22/01/10 inclusive.

**DETAILS:** Competition team holidays: 2 weeks off during weeks 2 & 3.

### WEEK 1 = NSW GYMNASTS STILL AT SCHOOL

Week 1		Mon 14/12/09	Tue 15/12/09	Wed 16/12/09	Thur 17/12/09	Frid 18/12/09	Sat 19/12/09
	Start	12:30pm		12:30pm	12:30pm		
	Finish	3:30pm		3:30pm	3:30pm		GYM
	Hours	3 hours		3 hours	3 hours		CLOSED
	NOTES						
Week 4		Mon 04/01/10	Tue 05/01/10	Wed 06/01/10	Thur 07/01/10	Frid 08/01/10	Sat 09/01/10
	Start	12:30pm		12:30pm	12:30pm		
	Finish	3:30pm		3:30pm	3:30pm		
	Hours	3 hours		3 hours	3 hours		
	NOTES						
Week 5		Mon 11/01/10	Tue 12/01/10	Wed 13/01/10	Thur 14/01/10	Frid 15/01/10	Sat 16/01/10
	Start	12:30pm		12:30pm	12:30pm		
	Finish	3:30pm		3:30pm	3:30pm		
	Hours	3 hours		3 hours	3 hours		
	NOTES						
Week 6		Mon 18/01/10	Tue 19/01/10	Wed 20/01/10	Thur 21/01/10	Frid 22/01/10	Sat 23/01/10
	Start		12:30pm	12:30pm		12:30pm	
	Finish		3:30pm	3:30pm		3:30pm	
	Hours		3 hours	3 hours		3 hours	
	NOTES						

## WAG TEAMS 7 & 8

**GROUP:** CT TEAM 7 & 8

**COACH:** Anouk / Felicity

**HOLIDAY TRAINING:** 14/12/09 to 22/01/10 inclusive.

**DETAILS:** Competition team holidays: 2 weeks off during weeks 2 & 3.

### WEEK 1 = NSW GYMNASTS STILL AT SCHOOL

<b>Week 1</b>		Mon 14/12/09	Tue 15/12/09	Wed 16/12/09	Thur 17/12/09	Frid 18/12/09	Sat 19/12/09
	Start	1:00pm	1:00pm		1:00pm		
	Finish	3:00pm	3:00pm		3:00pm		GYM
	Hours	2 hours	2 hours		2 hours		CLOSED
	NOTES						
<b>Week 4</b>		Mon 04/01/10	Tue 05/01/10	Wed 06/01/10	Thur 07/01/10	Frid 08/01/10	Sat 09/01/10
	Start	10:30am	10:30am		10:30pm		
	Finish	12:30pm	12:30pm		12:30pm		
	Hours	2 hours	2 hours		2 hours		
	NOTES						
<b>Week 5</b>		Mon 11/01/10	Tue 12/01/10	Wed 13/01/10	Thur 14/01/10	Frid 15/01/10	Sat 16/01/10
	Start	10:30am	10:30am		10:30am		
	Finish	12:30pm	12:30pm		12:30pm		
	Hours	2 hours	2 hours		2 hours		
	NOTES						
<b>Week 6</b>		Mon 18/01/10	Tue 19/01/10	Wed 20/01/10	Thur 21/01/10	Frid 22/01/10	Sat 23/01/10
	Start	11:30am	1:00pm		1:00pm		
	Finish	1:30pm	3:00pm		3:00pm		
	Hours	2 hours	2 hours		2 hours		
	NOTES						