



2019 ACC Swim Program

Week	Tuesday 7.10 - 8.10am *Followed by breakfast	Thursday 7.10 – 8.10am *Followed by breakfast	Other
1	5th Feb No Training	7th Feb No Training	
2	12th Feb 1 st Training OPEN session	14th Feb OPEN Session	
3	19th Feb Open Session	21st Feb No Training: School Carnival Yr's 7-12 HBF	22nd Feb ACC Team Announced
4	26th Feb Squad Training: Technique, Endurance & Conditioning	28th Feb Squad Training: Technique, Endurance & Conditioning	
5	5th March Squad Training: Technique, Power and Speed	7th March Squad Training: Technique, Power and Speed	Friday 8th March NAS Swim Meet: Newman Pool Yr's 7-10
6	12th March Squad Training: Speed and Power	14th March Squad Training: Speed and Power	*Bacon and eggs Team Breakfast after Thursday Session
7	19th March Squad Training: Starts and Relays	21st March Squad Training: Starts and Relays	
8	26th March Squad Training: Taper Team Meeting – Pasta Lunch	*Wed 27th March ACC Swim Carnival A Division HBF Stadium	

Challenge — Collaborate — Create — Celebrate