



2020 ACC Swim Program

Week	Tuesday 7.10 - 8.10am *Followed by breakfast	Thursday 7.10 – 8.10am *Followed by breakfast	Other
1	4th Feb No Training	6th Feb No Training	
2	11th Feb 1st Training OPEN session	13th Feb OPEN Session	
3	18th Feb Open Session	20th Feb No Training: School Carnival Yr's 7-12 HBF	24th Feb ACC Team Announced
4	25th Feb Squad Training: Technique, Endurance & Conditioning	27th Feb Squad Training: Technique, Endurance & Conditioning	
5	3rd March Squad Training: Technique, Power and Speed	5th March Squad Training: Technique, Power and Speed	Friday 6th March NAS Swim Meet: Newman Pool Yr's 7-10
6	10th March Squad Training: Speed and Power	12th March Squad Training: Speed and Power	Bacon and eggs Team Breakfast (after Thursday session)
7	17th March Squad Training: Starts and Relays	19th March Squad Training: Starts and Relays	
8	24th March Squad Training: Taper Team Meeting – Pasta Lunch	Wed 25th March GO TIME: ACC A Division Swim Carnival HBF Stadium	

Challenge — Collaborate — Create — Celebrate