



2023 NSW State Training Program

Monday	Wednesday	Saturday	Sunday
		29th April <u>State Team Training Camp</u> 9am – 11am – Juniors 11am – 1pm – Seniors 1pm – 3pm – Juniors 3pm – 5pm - Seniors	30th April <u>State Team Training Camp</u> 9am - 11am – Seniors 11am – 1pm – Juniors 1pm – 3pm - Seniors
1th May <i>State Team Training</i> 7pm – 8.30pm - Juniors	3rd May <i>State Team Training</i> 7pm – 9pm - Seniors	6th May <i>State Team Training</i> 1pm – 3pm – Juniors 3pm – 5pm - Seniors	
8th May <i>State Team Training</i> 7pm – 8.30pm - Juniors	10th May <i>State Team Training</i> 7pm – 9pm - Seniors	13th May <i>State Team Training</i> 1pm – 3pm – Juniors 3pm – 5pm - Seniors	
15th May <i>State Team Training</i> 7pm – 8.30pm - Juniors	17th May <i>State Team Training</i> 7pm – 9pm - Seniors	20th May <i>State Team Training</i> 1pm – 3pm – Juniors 3pm – 5pm - Seniors	
22nd May <i>State Team Training</i> 7pm – 8.30pm - Juniors	24th May <i>State Team Training</i> 7pm – 9pm - Seniors	27th May <i>State Team Training</i> 1pm – 3pm – Juniors 3pm – 5pm - Seniors	
29th May <i>State Team Training</i> 7pm – 8.30pm - Juniors	30th May <i>State Team Training</i> 7pm – 9pm - Seniors	3rd June <i>State Team Training</i> 1pm – 3pm – Juniors 3pm – 5pm - Seniors	
5th June <i>State Team Training</i> 7pm – 8.30pm - Juniors	7th June <i>State Team Training</i> 7pm – 9pm - Seniors		

A MINIMUM of 70% attendance is required across all Training Sessions to remain eligible to compete at National Championships.