

MWAS EVENT & TRAINING PLANNER 2020

EVENT	STARTING	ENDING	EVENT	STARTING	ENDING
2020 GROUP TRAINING SESSIONS COMMENCE (WEEK 2 OF SCHOOL)	11/02/2020	10/12/2020	SPEED TRAINING 2 (4 WEEKS)	09/06/2020	30/06/2020
SPEED TRAINING 1 (4 WEEKS)	17/03/2020	07/04/2020	SPEED TRAINING 3 (4 WEEKS)	01/09/2020	22/09/2020
MID WEST SPORTS FORUM	04/04/2020		SPEED TRAINING 4 (6 WEEKS)	13/10/2020	17/11/2020
FITNESS TESTING (COMPULSORY)	14/03/2020		FITNESS TESTING (MWAS COMBINE-COMPULSORY ATT)	28/11/2020	
EASTER	10/04/2020	13/04/2020	SCHOOL HOLIDAYS	All terms	
HIGH PERFORMANCE CAMP (PERTH) POTENTIAL DATES	20/04/2020 06/07/2020	24/04/2020 09/07/2020	ATHLETE INDUCTION EVENT	TBA	
			GROUP GYM SESSIONS (TUE & THURS) EACH WEEK EXCEPT SCHOOL HOLIDAYS	11/02/2020	10/12/2020

JANUARY							FEBRUARY							MARCH							APRIL							MAY							JUNE							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
		1	2	3	4	5							1	2							1			1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
27	28	29	30	31			24	25	26	27	28	29	23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30							
													30	31																												

JULY							AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5							1	2		1	2	3	4	5	6				1	2	3	4							1	1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28	29	30				26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				
							31																					30													

All Speed Training sessions are at Geraldton Athletics Track (Pass Street). All other groups sessions are at Central West Health & Rehab 4/12 Urch Street
 For details on events or trainings please contact Darren Winterbine on 0487846283 or email darren.winterbine@sportshouse.net.au