## ASC Coaching Staff

## **ASC Competition Macro Plan**

## **Season 11-12**

Months	June							July			A ugust				September			October			N	November			December			January				February			March			April		
Monday						25	4	11	18 25	1	8	15 2	22 29			19 26	3	10	17 2	24 31	7	14	21	28	5 12	19		2 9	16		30	6 1:			5	12 1	9 20	3	10	17 24
Comps.						SWA Qualifying S/C Meet #2	National Open SC / ASC Race Session	State S/C			ASC Race Session		SWA Club Relays ASC Race Session	Race Session 10	State Teams Comp - Canberra	ASC Race Session	SWA Qualifying - MC Nat Age - ASC Race Session		2.	SWA Distance meet - ASC Race Session	OWS2 - Breakers	Sprints - OWS3	SWA OWS Champs - ASC	inga	SWA Metro ASC Race Session - OI D States		OWS5	STATES		OWS6	Rockingham	Nat OwS - Western Sprint  A Premiership		ASC Race Session	SWA Summer Sensation - OWS7	National Open - OWS8	SWA Junior States - ASC Race Session	National Age		ASC Race Session
School																																								
Team Attend						All Teams	Nat Open Quals + All Teams	Quals			All Teams		Quals - All Teams	è		All Teams	All Teams		ers - 1	Quals - All Teams	1	Quals	eams	Inters - Devos - NDT - 100%	Quals All Teams			Quals			NDT - 100%	Inters - Devos - ND1 - 100%	All Teams	All Teams	Quals	Nat Open Quals	Quals - 100%	Nat Age Quals		All Teams

TOP GUN = Held Friday before the ASC Race Session (NO Top Gun 24/2/12)

Like all plans flexibility is the key

Primary coach will tell you of any changes
always check www.arenaswimclub.com.au