



MOUNT ALBERT
GRAMMAR SCHOOL

Mt Albert Grammar Aquatic Academy

Holidays Term 2 - Week 1 July 12th - 18th July 2021

TARGETED
SWIMMING MEETS

MAGS Squads	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAGS Non-Competitive Squad	8:30am-9:30am Fitness Head Coach: Liam		8:30am-9:30am Fitness Head Coach: Liam		8:30am-9:30am Fitness Head Coach: Liam		
MAGs Regional Performance Squad	8:30am-9:30am Junior Head Coach: Liam MAGS + BELGRAVIA		8:30am-9:30am Junior Head Coach: Liam MAGS + BELGRAVIA		8:30am-9:30am Junior Head Coach: Liam MAGS + BELGRAVIA		
MAGs National Age Group Squad	5:30am-7:00am Head Coach: Mitchell	6:00am-7:30am Coach: Mitchell + Liam	5:30am-7:00am Head Coach: Mitchell Assistant Coach: Liam	6:00am-7:30am Coach: Mitchell + Liam	5:30am-7:00am Head Coach: Mitchell	6:30am-8:30am Head Coach: Mitchell Assistant Coach: Liam	
		Strength & Conditioning Rowing Gym: 9:10am-10:30am		Strength & Conditioning Rowing Gym: 9:10am-10:30am			
	5:00pm-6:30pm Head Coach: Mitchell Assistant Coach: Liam	5:00pm-6:30pm Head Coach: Mitchell		5:00pm-6:30pm Head Coach: Mitchell Assistant Coach: Liam			
MAGs High Performance Squad	7:00am-8:30am Head Coach: Mitchell	7:30am-9:00am Head Coach: Mitchell	7:00am-8:30am Head Coach: Mitchell Assistant Coach: Liam	7:30am-9:00am Head Coach: Mitchell	7:00am-8:30am Head Coach: Mitchell	6:30am-8:30am Head Coach: Mitchell Assistant Coach: Liam	
	6:30pm-8:00pm Head Coach: Mitchell	6:30pm-8:00pm Head Coach: Mitchell Assistant Coach: Liam		6:30pm-8:00pm Head Coach: Mitchell			
HP Gym	Unitec: 8:30-10:00am		Unitec: 8:30-10:00am		Unitec: 8:30-10:00am		



MOUNT ALBERT
GRAMMAR SCHOOL

Mt Albert Grammar Aquatic Academy

Holidays Term 2 - Week 2

July 19th - 25th July 2021

TARGETED
SWIMMING MEETS

MAGS Squads	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAGS Non-Competitive Squad	POOL CLOSURE		POOL CLOSURE		POOL CLOSURE		
MAGs Regional Performance Squad	POOL CLOSURE		POOL CLOSURE		POOL CLOSURE		
MAGs National Age Group Squad	9:30am-11:30am AUT National Aquatic Centre Head Coach: Mitchell Assistant Coach: Liam	9:00am-11:00am AUT National Aquatic Centre Head Coach: Mitchell Assistant Coach: Liam	9:30am-11:30am AUT National Aquatic Centre Head Coach: Mitchell Assistant Coach: Liam	9:30am-11:30am AUT National Aquatic Centre Head Coach: Mitchell Assistant Coach: Liam	2021 NZSS CHAMPIONSHIPS MAGS School Team		
	3:30pm-5:30pm AUT National Aquatic Centre Head Coach: Mitchell Assistant Coach: Liam	Strength & Conditioning Rowing Gym: 4:45pm-6:00pm	3:30pm-5:30pm AUT National Aquatic Centre Head Coach: Mitchell Assistant Coach: Liam	2021 NZSS CHAMPIONSHIPS MAGS School Team	2021 NZSS CHAMPIONSHIPS MAGS School Team		
MAGs High Performance Squad	9:30am-11:30am AUT National Aquatic Centre Head Coach: Mitchell Assistant Coach: Liam	9:00am-11:00am AUT National Aquatic Centre Head Coach: Mitchell Assistant Coach: Liam	9:30am-11:30am AUT National Aquatic Centre Head Coach: Mitchell Assistant Coach: Liam	9:00am-11:00am AUT National Aquatic Centre Head Coach: Mitchell Assistant Coach: Liam	6:00am-7:30am Head Coach: Mitchell	6:30am-8:30am Head Coach: Mitchell Assistant Coach: Liam	
	3:30pm-5:30pm AUT National Aquatic Centre Head Coach: Mitchell Assistant Coach: Liam	Strength & Conditioning Unitec: 3:00pm-4:45pm	3:30pm-5:30pm AUT National Aquatic Centre Head Coach: Mitchell Assistant Coach: Liam	Strength & Conditioning Unitec: 3:00pm-4:45pm	Strength & Conditioning Unitec: 8:00am-9:30am		
HP Gym							