



BISHOPS
DIOCESAN COLLEGE

WATER POLO TRAINING SCHEDULE 2023

NEW POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING				
06h15 - 07h15	1st and 2nd	U15A and U14A		
AFTERNOON				
15h45 - 17h00	U15C and D	5th and 6th	U14C and D	3rd and 4th
17h00 - 18h30	U15A and B	1st	U14A and B	2nd

OLD POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
15h45 - 17h00	U14A and B	2nd	U15A and B	1st
16h30 - 18h30	U14C and D	3rd and 4th	U15C and D	5th and 6th

*16h30 - 17h00 Conditioning; 17h00 - 18h30 Pool session

CONDITIONING (GYM)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
16h30 - 17h00	U15A and B	1st	U14A and B	2nd



Bishops Diocesan College