



South Australian Sports Institute SASI Calendar ALL TIMES STIPULATED ARE ARRIVAL TIMES

OCTOBER	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date				1	2	3	4
AM				6am GYM	Sticks Down		
PM							
Date	5	6	7	8	9	10	11
AM				6am GYM	Sticks Down		
PM	Sticks Down	5pm GYM G1 6pm GYM G2	Sticks Down				
Date	12	13	14	15	16	17	18
AM				6am GYM	Sticks Down		
PM	Sticks Down	5pm GYM G1 6pm GYM G2	Sticks Down	7PM SASI AERIAL (GK)			
Date	19	20	21	22	23	24	25
AM				6am GYM	Sticks Down		10AM DHHA GK
PM	Sticks Down	5pm GYM G1 6pm GYM G2	Sticks Down	7PM SASI AERIAL (GK)			
Date	26	27	28	29	30	31	
AM				6am GYM	Sticks Down		
PM	Sticks Down	5pm GYM G1 6pm GYM G2	Sticks Down	7PM SASI AERIAL GK			

Training Addresses

Distinctive Homes Hockey Arena (Sunday)
State Sports Park, Main North Road, Gepps Cross

South Australian Sports Institute (Tuesday)
27 Valetta Rd, Kidman Park

SASI Aerial Centre (Thursday)
10 Schenker Drive, Royal Park



South Australian Sports Institute **SASI Calendar** ALL TIMES STIPULATED ARE ARRIVAL TIMES

NOVEMBER	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							1
AM							10AM DHHA
PM							
Date	2	3	4	5	6	7	8
AM	5:45am Group	7am Indiv		6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	7PM SASI AERIAL 1- 6pm indiv			
Date	9	10	11	12	13	14	15
AM	5:45am Group			6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	7PM SASI AERIAL 1- 6pm indiv			
Date	16	17	18	19	20	21	22
AM	5:45am Group			6am GYM	7am indiv		10AM DHHA
PM		5pm GYM G1 6pm GYM G2	5pm SASI AMAZING RACE	7PM SASI AERIAL 1- 6pm indiv			
Date	23	24	25	26	27	28	29
AM	5:45am Group			6am GYM	7am indiv	CTT Melb	CCT Melb
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	7PM SASI AERIAL 1- 6pm indiv		Jig Away	Jig away

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DECEMBER	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date		1	2	3	4	5	6
AM		CTT Melb	CTT Melb	6am GYM	CTT Melb	CTT Melb	CTT Melb
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	CTT Melb			
Date	7	8	9	10	11	12	13
AM	5:45am Group	7am indiv		6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2	6pm TESTING	1- 6pm indiv			
Date	14	15	16	17	18	19	20
AM	5:45am Group			6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	1- 6pm indiv			
Date	21	22	23	24	25	26	27
AM	Christmas						
PM	Break						
Date	28	29	30	31			
AM							
PM							

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JANUARY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date					1	2	3
AM					Christmas		
PM					Break.		
Date	4	5	6	7	8	9	10
AM	5:45am Group	7am indiv	6am pilates	6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	1- 6pm indiv			
Date	11	12	13	14	15	16	17
AM	5:45am Group	7am indiv	6am pilates	6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	1- 6pm indiv			
Date	18	19	20	21	22	23	24
AM	5:45am Group	7am indiv	6am pilates	6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	1- 6pm indiv			
Date	25	26	27	28	29	30	31
AM	5:45am Group	7am indiv	6am pilates	6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	1- 6pm indiv			

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FEBRUARY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	1	2	3	4	5	6	7
AM	5:45am Group	7am indiv	6am pilates	6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2	6pm TESTING	7PM SASI AERIAL			
Date	8	9	10	11	12	13	14
AM	5:45am Group	7am indiv	6am pilates	6am GYM	SASI INTRA	SASI INTRA	SASI INTRA
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	7PM SASI AERIAL	SERIES MT GAMB	SERIES MT GAMB	SERIES MT GAMB
Date	15	16	17	18	19	20	21
AM	5:45am Group	7am indiv	6am pilates	6am GYM	7am indiv		10AM DHHA
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	7PM SASI AERIAL 1- 6pm indiv			
Date	22	23	24	25	26	27	28
AM	5:45am Group	7am indiv	6am pilates	6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	7PM SASI AERIAL 1- 6pm indiv			
Date							
AM							
PM							

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MARCH	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	1	2	3	4	5	6	7
AM	5:45am Group	7am indiv	6am pilates	6am GYM	7am indiv		10AM DHHA
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	7PM SASI AERIAL			
Date	8	9	10	11	12	13	14
AM			6am pilates	6am GYM			
PM		5pm GYM G1 6pm GYM G2		7PM SASI AERIAL			
Date	15	16	17	18	19	20	21
AM			6am pilates	6am GYM			
PM		5pm GYM G1 6pm GYM G2		7PM SASI AERIAL			
Date	22	23	24	25	26	27	28
AM	5:45am Group	7am indiv	6am pilates	6am GYM	7am indiv		10AM DHHA
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session	7PM SASI AERIAL 1- 6pm indiv			
Date	29	30	31				
AM	5:45am Group	7am indiv	6am pilates				
PM		5pm GYM G1 6pm GYM G2	6pm Group skills session				

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APRIL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date				1	2	3	4
AM	5:45am Group	7am indiv		6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2		1- 6pm indiv			
Date	5	6	7	8	9	10	11
AM	5:45am Group	7am indiv		6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2		1- 6pm indiv			
Date	12	13	14	15	16	17	18
AM	5:45am Group	7am indiv		6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2		1- 6pm indiv			
Date	19	20	21	22	23	24	25
AM	5:45am Group	7am indiv		6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2		1- 6pm indiv			
Date	26	27	28	29	30		
AM	5:45am Group	7am indiv		6am GYM	7am indiv		
PM		5pm GYM G1 6pm GYM G2		1- 6pm indiv			

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MAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date						1	2
AM	5:45am Group	7am indiv	6am pilates	6am GYM			
PM		5pm GYM G1 6pm GYM G2		1- 6pm indiv			
Date	3	4	5	6	7	8	9
AM	5:45am Group	7am indiv	6am pilates	6am GYM	AHL W RD 1	AHL W RD 1	AHL W RD 1
PM		5pm GYM G1 6pm GYM G2		1- 6pm indiv	AHL W RD 1	AHL W RD 1	AHL W RD 1
Date	10	11	12	13	14	15	16
AM	5:45am Group	7am indiv	6am pilates	6am GYM			
PM		5pm GYM G1 6pm GYM G2		1- 6pm indiv			
Date	17	18	19	20	21	22	23
AM	5:45am Group	7am indiv	6am pilates	6am GYM	AHL W RD 2	AHL W RD 2	AHL W RD 2
PM		5pm GYM G1 6pm GYM G2		1- 6pm indiv	AHL W RD 2	AHL W RD 2	AHL W RD 2
Date	24	25	26	27	28	29	30
AM	5:45am Group	7am indiv	6am pilates	6am GYM		AHL	AHL
PM		5pm GYM G1 6pm GYM G2		1- 6pm indiv		FINALS	FINALS

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JUNE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date		1	2	3	4	5	6
AM		AHL	AHL	6am GYM	AHL	AHL	AHL
PM		FINALS	FINALS	7PM SASI AERIAL	FINALS	FINALS	FINALS
Date	8	9	10	11	12	13	14
AM				6am GYM			
PM		5pm GYM G1 6pm GYM G2		7PM SASI AERIAL			
Date	15	16	17	18	19	20	21
AM	5:45am Group			AHL M RD1	AHL M RD1	AHL M RD1	10AM DHHA
PM		5pm GYM G1 6pm GYM G2		7PM SASI AERIAL			
Date	22	23	24	25	26	27	28
AM	5:45am Group			6am GYM			
PM		5pm GYM G1 6pm GYM G2		7PM SASI AERIAL			
Date	29	30					
AM	5:45am Group						
PM		5pm GYM G1 6pm GYM G2					

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JULY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date				1	2	3	4
AM				6am GYM		AHL M RD2	AHL M RD2
PM				7PM SASI AERIAL			
Date	5	6	7	8	9	10	11
AM		U21 Champs	U21 Champs	U21 Champs	U21 Champs	U21 Champs	10AM DHHA
PM		5pm GYM G1 6pm GYM G2		7PM SASI AERIAL			U21 Champs
Date	12	13	14	15	16	17	18
AM	U21 Champs	U21 Champs	U21 Champs	U21 Champs	U21 Champs	U21 Champs	
PM		5pm GYM G1 6pm GYM G2		7PM SASI AERIAL			
Date	19	20	21	22	23	24	25
AM	U21 Champs	U21 Champs	U21 Champs	U21 Champs	U21 Champs	U21 Champs	10AM DHHA
PM		5pm GYM G1 6pm GYM G2		7PM SASI AERIAL			U21 Champs
Date	26	27	28	29	30	31	
AM	U21 Champs	U21 Champs	U21 Champs	U21 Champs	U21 Champs	U21 Champs	
PM		5pm GYM G1 6pm GYM G2		7PM SASI AERIAL	End of scholarship period		

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AUGUST	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							1
AM							
PM							
Date	2	3	4	5	6	7	8
AM							
PM							
Date	9	10	11	12	13	14	15
AM							
PM							
Date	16	17	18	19	20	21	22
AM						AHL	AHL
PM						FINALS	FINALS
Date	24	25	26	27	28	29	30
AM	AHL	AHL	AHL	AHL	AHL		
PM	FINALS	FINALS	FINALS	FINALS	FINALS		

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SASI Calendar ALL TIMES STIPULATED ARE ARRIVAL TIMES

SEPTEMBER	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
AM							
PM	NO TRAINING						
Date							
AM							
PM	NO TRAINING						
Date							
AM							
PM	NO TRAINING						
Date							
AM							
PM	NO TRAINING						
Date							
AM							
PM	NO TRAINING						
Date							
AM							
PM	NO TRAINING						

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DENOTES ALL SASI FULL SCHOLARSHIP ATTENDANCE

DENOTES SASI GOALKEEPING SQUAD ATTENDANCE

DENOTES ELITE AND TARGETED INDIVIDUAL ATTENDANCE

DENOTES PILATES WITH TIM BASS AT ADELAIDE HOCKEY CLUB (FULL AND GKS)

DENOTES AHL COMPETITION

DENOTES SASI INTRA SERIES AND AMAZING RACE

DENOTES END OF SCHOLARSHIP PERIOD

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