

Squad Timetables 2016/2017

TOP SQUAD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6.15-7.30			6.30-7.30		7.15-9.15
PM		7.45-9.00	8.00-10.00	8.00-9.00	9.00-10.00		

PERFORMANCE SQUAD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6.15-7.30			6.30-7.30		8.15-9.15
PM		7.45-9.00	8.00-10.00		9.00-10.00		

COUNTY SQUAD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6.15-7.30			6.30-7.30		8.15-9.15
PM	4.30-5.30 u/16	8.00-9.00			8.00-9.00		

COUNTY JUNIOR SQUAD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							8.15-9.15
PM	4.30-5.30	8.00-9.00			8.00-9.00		

CLUB SQUAD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							7.15-8.15
PM		8.00-9.00 Junior			8.00-9.00 Junior		
PM	4.30-5.30 u/16		9.00-10.00 Senior		9.00-10.00 Senior		

MASTERS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM			9.00-10.00		9.00-10.00		5.00-6.00

Squad Timetables 2016/2017

DEVELOPMENT A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							8.15-9.15
PM	4.30-5.30				8.00-9.00		

DEVELOPMENT B

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							7.15-8.15
PM					7.30-8.00		

PRE COMPETITIVE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							7.15-7.55
PM					7.00-8.00		

SILVER SEALS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							7.55-8.35
PM					7.00-7.30		

BRONZE SEALS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							8.35-9.15
PM					7.00-7.30		

WHITE SEALS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM					6.30-7.00		

BLACK SEALS / FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM					7.30-8.00		