



Squad Training Schedule

Intro Squad (1-2 sessions / week)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:00-5:00pm	6:00-7:00pm	4:00-5:00pm 5:00-6:00pm		1:30-2:30pm

Development Squad (2-3 sessions / week)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-7:00pm		6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	2:30-3:30pm

Sub-Junior Squad (3 sessions / week required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-7:00pm	6:00-7:00pm	4:30-6:00pm		6:00-7:00pm	

Junior Squad (4 sessions / week required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30-6:00pm + 6-7pm dryland	4:30-6:00pm	5:30-7:00am 4:30-6:00pm		4:30-6:00pm	

State Squad (5 sessions / week required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am 4:30-6:00pm + 6-7pm dryland		5:30-7:00am	5:30-7:00am	4:30-6:00pm	6:00-8:00am

National Development Squad (6 sessions / week required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am	5:30-7:00pm 5:00-7:00pm		5:30-7:00am 5:00-7:00pm	5:30-7:00am	6:00-8:00am

Performance Squad (6+ sessions / week required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am	5:30-7:00am 5:00-7:00pm		5:30-7:00am 5:00-7:00pm	5:30-7:00am	6:00-8:00am

Youth Squad (1-4 sessions / week available)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00pm	7:00-8:00pm	7:00-8:00pm		7:00-8:00pm	

Senior Squad (1-4 sessions / week available)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	