

Squad Structure & Pathway Guide

November 2024

NATIONAL PATHWAY

13.0 8 sessions

NATIONAL PERFORMANCE

INCORPORATING NATIONAL POTENTIAL

REGIONAL PATHWAY

11.0 7 sessions

REGIONAL PERFORMANCE

INCORPORATING REGIONAL POTENTIAL

8.5 6 sessions

AGE GROUP PERFORMANCE

INCORPORATING AGE GROUP REGIONAL POTENTIAL

6.5 5 sessions

JUNIOR PERFORMANCE

COUNTY PATHWAY

7.75 6 sessions

COUNTY PERFORMANCE

6.0 5 sessions

AGE GROUP COUNTY

4.5 4 sessions

JUNIOR COUNTY

COMPETITIVE PATHWAY

2.25 2 sessions + Boosters

YOUTH COMPETITIVE

3.50 3 sessions

AGE GROUP COMPETITIVE

3.00 3 sessions

JUNIOR COMPETITIVE

18+

3 sessions

MASTERS

FITNESS PATHWAY

2.0 2 sessions

SENIOR CLUB

1.0 1 session

JUNIOR CLUB

2.00 2 sessions

SKILLS ACADEMY - SILVER & GOLD

1 session

SKILLS ACADEMY - BRONZE, PRE-SQUAD