

# Squad Structure & Pathway Guide

January 2025

## NATIONAL PATHWAY

13.0 8 sessions

### NATIONAL PERFORMANCE

INCORPORATING  
NATIONAL POTENTIAL

## PERFORMANCE PATHWAY

11.0 7 sessions

### REGIONAL PERFORMANCE (TARGET: NATIONALS)

8.5 6 sessions

### AGE GROUP PERFORMANCE (TARGET: REGIONALS)

6.5 5 sessions

### JUNIOR PERFORMANCE (TARGET: COUNTIES)

## COUNTY PATHWAY

7.75 6 sessions

### COUNTY PERFORMANCE (TARGET: REGIONALS)

6.0 5 sessions

### AGE GROUP COUNTY (TARGET: COUNTIES)

4.5 3 sessions + 1 Morning Booster

### JUNIOR COUNTY (COUNTY POTENTIAL)

## COMPETITIVE PATHWAY

2.25 2 sessions + Booster

### YOUTH COMPETITIVE (TARGET: COUNTIES)

3.50 3 sessions

### AGE GROUP COMPETITIVE (TARGET: COMPETE REGULARLY)

3.00 3 sessions

### JUNIOR COMPETITIVE (COMPETITIVE DEVELOPMENT)

## ADVANCED SKILLS DEVELOPMENT

### SKILLS ACADEMY (BRONZE, SILVER, GOLD)

18+

3 sessions

### MASTERS

## FITNESS PATHWAY

2.0 2 sessions

### CLUB 2

1.0 1 session

### CLUB 1