

Senior Squads Training Timetable

Seniors

| | |
|----------|-------------|
| Monday | 7.30-8.30pm |
| Tuesday | 7.30-8.30pm |
| Thursday | 7.15-8.45pm |
| Friday | 6.15-7.15pm |
| Sunday | 5-6pm |

Senior B

| | |
|----------|--|
| Thursday | 7.15-8.45pm |
| Friday | 6.15 -7.15pm or 7.15-8.15pm *agreed by Head Coach |
| Sunday | 5-6pm |

Performance Age Group

| | |
|----------------|-------------|
| Monday | 7.30-8.30pm |
| Tuesday | 7.30-8.30pm |
| Wednesday (AM) | 6-7am |
| Thursday | 7.15-8.45pm |
| Friday | 6-7am |
| Friday | 6.45-8.15pm |
| Sunday | 5-6pm |

Club Competition

| | |
|----------------|-------------|
| Tuesday | 6.30-7.30pm |
| Wednesday (AM) | 6-7am |
| Thursday | 7.15-8.45pm |
| Friday | 6-7am |
| Friday | 7.15-8.15pm |
| Sunday | 5-6pm |

Regional

| | |
|----------------|-------------|
| Monday | 6.30-8.30pm |
| Tuesday | 7.30-8.30pm |
| Wednesday (AM) | 6-7am |
| Thursday | 7.15-8.45pm |
| Friday (AM) | 6-7am |
| Friday | 6.15-8.15pm |
| Sunday | 5-6pm |

Performance Youth

| | |
|----------------|---------------|
| Monday | 7.30pm-8.30pm |
| Tuesday | 7-8.30pm |
| Wednesday (AM) | 6-7am |
| Thursday | 7.15-8.45pm |
| Friday | 6-7am |
| Friday | 7.15-8.15pm |
| Sunday | 5-6pm |

Development Squad

| | |
|-----------|-------------|
| Tuesday | 6.30-7.30pm |
| Wednesday | 6-7am |
| Thursday | 7.15-8.45pm |
| Friday | 7.15-8.15pm |
| Sunday | 4-5pm |

Masters

Tuesday 6-7am

Thursday 6-7am

Saturday 6.30-7.45am

Junior Squads

Junior Performance

Monday 6.30-7.30pm

Tuesday 6.30-7.30pm

Thursday 6.15-7.15pm

Friday 6-7am

Friday 6.15-7.15pm

Sunday 5-6 pm

Platinum

Monday 6.30-7.30pm

Thursday 6.15-7.15pm

Friday 6-7am

Friday 6.15-7.15pm

Sunday 4-5pm

Gold

Monday 6.30-7.30pm

Tuesday 6.30-7pm

Thursday 6.15-7.15pm

Sunday 4-5pm

Silver

Thursday 6.15-7.15pm

Friday 6.15-6.45pm

Sunday 4-5pm

Bronze

Thursday 6.15-7.15pm

Sunday 4-5pm

Mini Sharks

Sunday 4-5pm