

**Squad Training Times - Sept 2016 (green highlights change)**

**Pre-Development (10-12)**

Day	Time	Location
Saturday	11.00-12.00	Holloway Pool
Sunday	11.00-12.00	Holloway Pool
Monday	17.00-18.00	Holloway Pool
Wednesday	17.30-18.30	Holloway Pool
Thursday	17.30-18.30	Holloway Pool

**Development Squad (9-11)**

Day	Time	Location
Sunday	17.30-18.30	Cally Pool
Monday	18.00-19.00	Holloway Pool
Tuesday	20.00-20.45	Cally Pool
Wednesday	18.30-19.30	Holloway Pool
Thursday	18.30-19.30	Holloway Pool
Friday	19.00-20.00	IRB

**Junior Performance B (10-12)**

Day	Time	Location
Sunday	17.30-18.30	Cally Pool
Monday	18.30-20.00	Cally Pool
Tuesday	18.30-19.30	Cally Pool
Wednesday	18.30-20.00	Cally Pool
Thursday	19.30-20.30	Holloway Pool
Friday	19.00-21.00	IRB

**Junior Performance A (12-14)**

Day	Time	Location
Sunday	18.30-20.30	Cally Pool
Monday	06.00-07.30	Cally Pool
Monday	18.00-20.00	Holloway Pool
Tuesday	19.30-20.30	Cally Pool
Wednesday	18.30-20.30	Holloway Pool
Thursday	18.30-20.00	Holloway Pool
Friday	06.00-07.30	Cally Pool
Friday	19.00-21.00	IRB

**Competitive Club Squad (13+)**

Day	Time	Location
Sunday	18.30-19.30	Cally Pool
Monday	06.00-07.30	Cally Pool
Monday	20.00-21.30	Cally Pool
Tuesday	20.30-21.30	Cally Pool
Wednesday	19.30-20.30	Holloway Pool
Thursday	19.30-20.30	Holloway Pool
Friday	06.00-07.30	Cally Pool
Friday	19.00-21.00	IRB

**Performance (13+)**

Day	Time	Location
Sunday	18.30-20.30	Cally Pool
Monday	06.00-07.30	Cally Pool
Monday	18.00-20.00	Holloway Pool
Tuesday	20.00-21.30	Cally Pool
Wednesday	18.30-20.30	Holloway Pool
Thursday	18.30-20.30	Holloway Pool
Friday	06.00-07.30	Cally Pool
Friday	19.00-21.00	IRB

**Club Squad Youth (9-12)**

Day	Time	Location
Sunday	17.30-18.30	Cally Pool
Monday	19.30-20.30	Holloway Pool
Thursday	18.30-19.30	Holloway Pool
Saturday	11.00-12.00	Holloway Pool

**Club Squad Senior (13+)**

Day	Time	Location
Sunday	19.30-20.30	Cally Pool
Monday	20.00-21.30	Cally Pool
Tuesday	20.45-21.30	Cally Pool
Wednesday	20.30-21.30	Holloway Pool
Friday	20.00-21.00	IRB

## Updated Squad Requirements – Sept 2016

<b>Squad</b>	<b>Age Range</b>	<b>Min no. of sessions p/w</b>	<b>Ideal no. of sessions p/w</b>	<b>Should have achieved</b>	<b>Target Qualifying level</b>
<b>Pre-Dev</b>	10-12	2	3	Sub 250 secs (combined 50's)	Development Meet
<b>Development</b>	9-11	3	4	Sub 225 secs (combined 50's)	Development Meet
<b>Junior Performance B</b>	10-12	3	4-5	County QT's	County
<b>Junior Performance A</b>	12-14	4	6-7	Multiple County QT's	Regional
<b>Performance</b>	13+	5	8	Regional QT's	National
<b>Competitive Club Squad</b>	13+	3	4-5	N/A	County
<b>Club Squad Youth*</b>	9-12	N/A	N/A	N/A	N/A
<b>Club Squad Senior*</b>	13+	N/A	N/A	N/A	N/A