

Squad Pathway

Competitive

GOLD SQUAD

Age Range: 13 and above
Training: 8 sessions per week
(combination of 90 minute and 120 minute sessions)

SILVER SQUAD

Age Range: 12-15
Training: 6-7 per week
(combination of 90 minute and 120 minute sessions)

BRONZE SQUAD

Age Range: 11-13
Training: 5 per week
(combination of 90 minute and 105 minute sessions)

MARLINS

Age Range: 8-11
Training: 3-4 per week
(75 minute sessions + optional 60 minute technical session)

MINNOWS

Age Range: 8 – 10
Training: 2 per week
(60 minute sessions)

Fitness

SENIOR FITNESS

Age Range: 13 and above
Training: Up to 3 per week
3 x 1 ½ hr

JUNIOR FITNESS

Age Range: 9-13
Training: Up to 2 per week
2 x 1 hr

