

2019 Sessions

| 2019 Sessions | | | | | |
|---------------|------------------------|----------------------------|------------|------------|------------------------------------|
| Saturdays | | | | | |
| Time | Venue | Age Group | Start Date | End Date | Notes |
| 12:00 - 13:00 | National Sports Centre | Under 10 | Jan 12th | April 6th | No sessions Feb 9th and March 23rd |
| 13:00 - 14:00 | National Sports Centre | Under 11 | Jan 12th | April 6th | No sessions Feb 9th and March 23rd |
| 14:00 - 15:30 | National Sports Centre | Under 12 | Jan 12th | April 6th | No sessions Feb 9th and March 23rd |
| 15:30 - 17:00 | National Sports Centre | Under 13 | Jan 12th | April 6th | No sessions Feb 9th and March 23rd |
| 17:00 - 18:30 | National Sports Centre | Under 14 | Jan 12th | April 6th | No sessions Feb 9th and March 23rd |
| 18:30 - 20:00 | National Sports Centre | Under 17 | Jan 12th | April 6th | No sessions Feb 9th and March 23rd |
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| Mondays | | | | | |
| 18:00 - 19:00 | King Williams College | Under 14 | Jan 14th | April 1st | |
| 19:00 - 21:00 | King Williams College | Emerging Players Programme | Jan 14th | April 1st | |
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| Tuesdays | | | | | |
| 18:00 - 19:00 | King Williams College | Under 10 | Jan 15th | April 2nd | |
| 19:00 - 20:00 | King Williams College | Under 11 | Jan 15th | April 2nd | |
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| Wednesdays | | | | | |
| 18:00 - 19:00 | King Williams College | Under 12 | Jan 16th | April 3rd | |
| 19:00 - 20:00 | King Williams College | Under 13 | Jan 16th | April 3rd | |
| 20:00 - 21:00 | King Williams College | Under 17 | Jan 16th | April 3rd | |
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| Thursdays | | | | | |
| 21:00 - 22:00 | National Sports Centre | National Squad | Jan 24th | March 28th | |
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| Fridays | | | | | |
| 06:45 - 08:45 | National Sports Centre | Emerging Players Programme | Jan 11th | April 5th | |
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