

Boys Squads Training Times and dates

Squad	Venue	Time	Dates
Pre Xmas			
Under 13 Group A	King Williams College	Monday 18:00 - 19:00	November 9,16,23,30 December 7,14
Under 13 Group B	King Williams College	Monday 19:00 - 20:00	November 9,16,23,30 December 7,15
Under 15	King Williams College	Wednesday 18:00 - 19:00	November 11,18,25 December 2,9,16
Under 17	King Williams College	Wednesday 19:00 - 20:00	November 11,18,25 December 2,9,16
Post Xmas Phase 1 - Squad sizes will be trimmed and Phase 2 times below			
Under 13 Group A	King Williams College	Mondays 18:00 - 19:00	January 11,18,25 February 1,8
Under 13 Group B	King Williams College	Mondays 19:00 - 20:00	January 11,18,25 February 1,8
Under 15	King Williams College	Wednesday 18:00 - 19:00	January 13,20,27 February 3,10
Under 17	King Williams College	Wednesday 19:00 - 20:00	January 13,20,27 February 3,10
Under 13 Group A	National Sports Centre	Saturdays 12:00 - 13:00	January 9,16,23,30 February 6,13
Under 13 Group B	National Sports Centre	Saturdays 13:00 - 14:00	January 9,16,23,30 February 6,13
Under 15	National Sports Centre	Saturdays 16:00 - 18:00	January 9,16,23,30 February 6,13
Under 17	National Sports Centre	Saturdays 18:00 - 20:00	January 9,16,23,30 February 6,13
Post Xmas Phase 2			
Under 13 Group A	King Williams College	Monday 18:00 - 19:00	February 22 March 1,8,15,22,29
Under 13 Group B	King Williams College	Monday 19:00 - 20:00	February 22 March 1,8,15,22,29
Under 15	King Williams College	Wednesday 18:00 - 19:00	February 24 March 3,10,17,24,31
Under 17	King Williams College	Wednesday 19:00 - 20:00	February 24 March 3,10,17,24,31
Under 13 Group A & B	National Sports Centre	Saturdays 12:00 - 14:00	February 27 March 6,13,20,27 April 3
Under 15	National Sports Centre	Saturdays 16:00 - 18:00	February 27 March 6,13,20,27 April 3
Under 17	National Sports Centre	Saturdays 18:00 - 20:00	February 27 March 6,13,20,27 April 3

Womens and Girls

Squad	Venue	Time	Dates
	Pre Xmas		
Under 13 Girls	King Williams College	Sundays 15:00 - 16:00	November 15,22,29 December
	Post Xmas		
Under 13 Girls	National Sports Centre	Saturdays 14:00 - 15:00	January 9,16,23,30 February 6,13,27 March 6,13,20,27 April 3
Women	National Sports Centre	Saturdays 15:00 - 16:00	January 9,16,23,30 February 6,13,27 March 6,13,20,27 April 3
	National Sports Centre	Saturdays Full Squad training days 12:00 - 20:00	February 20th April 10th

National, Academy, EPP

National Team	Institute	Strength & Conditioning	Thursdays 19:00 - 20:00	November 5 onwards
Emerging Players	Institute	Strength & Conditioning	Thursdays 18:00 - 19:00	November 5 onwards
Academy	Institute	Strength & Conditioning	Thursdays alternating between training with National Team & Emerging players (week 1 with National Team)	November 5 onwards
National Team	NSC	Skills	Thursdays 20:00 - 22:00	November 5,12,19,26 December 3,10,17 January 9 - April 1st
Emerging Players	NSC	Skills	Fridays 06:15 - 08:00	November 6,13,20,27 December 4,11,18
Academy	NSC	Skills	Alternating Thursdays with National team and Fridays with EPP starting with National Team	November 5 onwards
National,Academy, EPP	NSC	Full Day Squad session 12:00 - 20:00		February 20th April 10th