

Performance Pathway			
Performance 1			
Day	Morning	Evening	Land Training
Monday		19:00 - 21:00 Garrison	
Tuesday	06:00 - 07:30 Hart	19:00 - 21:00 Garrison	
Wednesday		19:30 - 21:30 Hart	
Thursday		19:00 - 21:00 Hart	17:45 - 18:45 Hart
Friday		19:00 - 21:00 Garrison	
Saturday			
Sunday		19:30 - 21:30 Hart	18:15 - 19:15 Hart

Development Pathway			
County Development			
Day	Morning	Evening	Land Training
Monday			
Tuesday		19:00 - 21:00 Hart	
Wednesday			
Thursday			
Friday		19:00 - 21:00 Hart	
Saturday	06:30-08:00 Hart		
Sunday		18:30 - 20:30 Hart	

Skills Pathway			
Skills Advanced			
Day	Morning	Evening	Land Training
Monday			
Tuesday		20:00 - 21:00 Hart	
Wednesday			
Thursday		19:30 - 20:30 Hart	
Friday			
Saturday	06:30-07:30 Hart		
Sunday		18:30- 19:30 Hart	

Masters			
Day	Morning	Evening	Land Training
Monday		19:30 - 20:30 Hart - uncoached	
Tuesday			
Wednesday			
Thursday		20:30 - 22:00 Hart	
Friday			
Saturday			
Sunday		19:30 - 21:30 Hart	

Performance 2			
Day	Morning	Evening	Land Training
Monday		19:00 - 21:00 Garrison	
Tuesday	06:00 - 07:30 Hart		
Wednesday		19:30 - 21:30 Hart	
Thursday		19:00 - 21:00 Hart	17:45 - 18:45 Hart
Friday		19:00 - 21:00 Garrison	
Saturday			
Sunday		19:30 - 21:30 Hart	18:15 - 19:15 Hart

Skills Intermediate			
Day	Morning	Evening	Land Training
Monday		18:30 - 19:30 Hart	
Tuesday		19:00-20:00 Hart	
Wednesday			
Thursday			
Friday			
Saturday	06:30-07:30 Hart		
Sunday			

Performance 3			
Day	Morning	Evening	Land Training
Monday			
Tuesday	06:00 - 07:30 Hart		
Wednesday		19:30 - 21:30 Hart	
Thursday		19:00 - 21:00 Hart	
Friday		19:00 - 21:00 Hart	
Saturday			
Sunday		14:00 - 16:00 Garrison	16:00 - 17:00 Garrison

Skills Foundation			
Day	Morning	Evening	Land Training
Monday		18:30 - 19:30 Hart	
Tuesday		19:00-20:00 Hart	
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Skills Entry			
Day	Morning	Evening	Land Training
Monday			
Tuesday		19:00-20:00 Hart	
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			