



W&DSC Squad Training Time 2025-26

Squad	Total Hours	Day	Time	Venue
Academy				
Academy 1	30 mins	Sunday	8.30 – 9am	CLC
Academy 2	30 mins	Sunday	9 – 9.30am	CLC
Academy 3	1 hour	Sunday	9.20 – 10.30am	CLC
Academy 4	1 hour	Sunday	9.20 – 10.30am	CLC
Academy 5	2 hours	Thursday	5.50 – 7.00am	CLC
		Sunday	9.20 – 10.30am	CLC
Development	3 to 6hrs			
D1	3 hours	Thursday	5.50 – 7.05am	CLC
		Friday	6.50 – 8.05pm	WLC
		Sunday	8.20 – 9.35am	CLC
D2	4 hours	Thursday	5.50 – 7.05am	CLC
		Friday	6.50 – 8.05pm	WLC
		Sunday	8.20 – 10.35am	CLC
D3	5 hours	Wednesday	5.50 – 7.05am	WLC
		Thursday	5.50 – 7.05am	CLC
		Friday	6.50 – 8.05pm	WLC
		Sunday	8.20 – 10.35am	CLC
Junior Performance (JP)	6 hours	Wednesday	5.50 – 7.05am	WLC
		Thursday	5.50 – 7.05am	CLC
		Friday	6.50 – 9.05pm	WLC
		Sunday	2.50 – 5.05pm	WLC
Age Group	4 – 10.5hrs			
Age Group 1	4 hours	Tuesday	5.50 – 7.05am	CLC
		Friday	7.50 – 9.05pm	WLC
		Sunday	2.50 – 5.05pm	WLC
Age Group 2	5 hours	Tuesday	5.50 – 7.05am	CLC
		Wednesday	6.20 – 7.35pm	WLC
		Friday	7.50 – 9.05pm	WLC
		Sunday	2.50 – 5.05pm	WLC
Age Group 3 & 4	7 hours	Tuesday	5.50 – 7.05am	CLC
		Wednesday	6.20 – 7.35pm	WLC
		Thursday	6.50 – 9.05pm	CLC
		Friday	7.50 – 9.05pm	WLC
		Sunday	2.50 – 5.05pm	WLC
Age Group 5	8 hours	Monday	6.50 – 8.05pm	CLC
		Tuesday	5.50 – 7.05am	CLC



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		Wednesday	6.20 – 7.35pm	WLC
		Thursday	6.50 – 9.05pm	CLC
		Friday	7.50 – 9.05pm	WLC
		Sunday	2.50 – 5.05pm	WLC
Age P	10.5 hours	Monday	6.50 – 9.05pm	CLC
		Wednesday	5.50 – 7.05am	WLC
		Wednesday	7.20 – 9.05pm	WLC
		Thursday	6.50 – 9.05pm	CLC
		Friday	6.20 – 8.35pm	CLC
		Sunday	6.50 – 9.05am	WLC
Seniors	3 – 12.5hrs			
Youth 1	3 hours	Tuesday	5.50 – 7.05am	CLC
		Friday	6.20 – 7.35pm	CLC
		Sunday	2.50 – 3.05pm	WLC
Youth 2	7.5 hours	Monday	7.50 – 9.05pm	CLC
		Tuesday	5.50 – 7.05am	CLC
		Wednesday	7.20 – 9.05pm	WLC
		Friday	6.20 – 8.35pm	CLC
		Sunday	2.50 – 5.05pm	WLC
Youth 3	8.5 hours	Monday	6.50 – 9.05pm	CLC
		Wednesday	5.50 – 7.05am	WLC
		Wednesday	7.20 – 9.05pm	WLC
		Friday	6.20 – 8.35pm	CLC
		Sunday	6.50 – 9.05am	WLC
Youth 4	9.5 hours	Monday	6.50 – 9.05pm	CLC
		Wednesday	5.50 – 7.05am	WLC
		Wednesday	6.20 – 9.05pm	WLC
		Friday	6.20 – 8.35pm	CLC
		Sunday	6.50 – 9.05am	WLC
Youth P	11.5 hours	Monday	6.50 – 9.05pm	CLC
		Wednesday	5.50 – 7.05am	WLC
		Wednesday	6.20 – 9.05pm	WLC
		Thursday	6.50 – 9.05pm	CLC
		Friday	6.20 – 8.35pm	CLC
		Sunday	6.50 – 9.05am	WLC
Elite P	13 hours	Monday	6.50 – 9.05pm	CLC
		Tuesday	5.50 – 7.05am	CLC
		Wednesday	5.50 – 7.05am	WLC
		Wednesday	6.20 – 9.05pm	WLC
		Thursday	6.50 – 9.05pm	CLC
		Friday	5.50 – 8.35pm	CLC
		Sunday	6.50 – 9.05am	WLC



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Youth Fitness	5.5 hours from:	Monday	6.50 – 9.05pm	CLC
(as agreed with head coach for specific reasons)		Wednesday	5.50 – 6.05am	WLC
		Wednesday	7.20 – 9.05pm	WLC
		Friday	6.20 – 8.35pm	CLC
		Sunday	2.50 – 5.05pm OR 6.50 – 9.05am (TBC with CC)	WLC WLC