

### WSC SQUADS & SESSIONS

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Number of hours
Masters	AM								
	Land								
	PM	8:00 - 9:00pm		8:00 - 9:00pm		8:15 - 9:15pm			3
									3

Performance								8:00 - 9:15am (E1)	
	AM						6:45 - 8:30 am	9:15 - 10:30am (E2)	3
	Land	7:15 - 7:45pm				7:15 - 7:45pm	8:30 - 9:00am		1.5
	PM	7:45 - 9:15pm	6:00 - 8:00pm	7:15 - 9:15pm		6:00 - 7:15pm			6.75
									10.25

Regional Potential	AM						8:30 - 9:45 am		1.25
	Land						8:00 - 8:30 am	4:45 - 5:15 pm	1
	PM		6:30 - 7:45 pm (D1)	6:00 - 8:00 pm		7:15 - 8:30 pm		5:15 - 6:45 pm	6
			7:45 - 9:15pm (D2)						
									8.25

Competitive Development	AM								
	Land							3:15 - 3:45	0.5
	PM	6:15 - 7:45pm			6:00 - 7:30pm	6:15 - 7:45pm (C1)		3:45 - 5:15 pm	6
						7:45 - 9:15 pm (C2)			
									6.5hrs

Skill Development	AM								
	Land								
	PM	7:00 - 8:00pm				7:15-8:15pm		2:45-3:45pm	3
									3

Academy	AM								
	Land								
	PM	6:00 - 7:00 pm				6:15 - 7:15 pm			2
									2

Key
Perdiswell
Kings
Malvern
Abberley