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			6:00 - 8:00 pm		7:15 - 8:30 pm		5:15 - 6:45 pm	6
			7:45 - 9:15pm (D2)						
									8.25
	AM								
Competitive	Land							3:15 - 3:45	0.5
Competitive		6:15 - 7:45pm			6:00 - 7:30pm	6:15 -7:45pm (C1)		3:15 - 3:45 3:45 5:15 pm	0.5
Competitive	Land	6:15 - 7:45pm			6:00 - 7:30pm	6:15 -7:45pm (C1) 7:45 - 9:15 pm (C2)			6
Competitive	Land	6:15 - 7:45pm			6:00 - 7:30pm				0.5 6 6.5hrs
Competitive Development	Land PM	6:15 - 7:45pm			6:00 - 7:30pm				6
Competitive Development	Land PM	6:15 - 7:45pm			6:00 - 7:30pm				6
Competitive Development Skill Development	AM Land				6:00 - 7:30pm	7:45 - 9:15 pm (C2)		3:45 5:15 pm	6
Competitive Development Skill Development	Land PM	6:15 - 7:45pm 7:00 - 8:00pm			6:00 - 7:30pm				6
Competitive Development Skill Development	AM Land				6:00 - 7:30pm	7:45 - 9:15 pm (C2)		3:45 5:15 pm	6
Competitive Development Skill Development	AM Land PM				6:00 - 7:30pm	7:45 - 9:15 pm (C2)		3:45 5:15 pm	6
Competitive Development Skill Development	AM Land				6:00 - 7:30pm	7:45 - 9:15 pm (C2)		3:45 5:15 pm	6
Competitive Development Skill Development Academy	AM Land PM	7:00 - 8:00pm			6:00 - 7:30pm	7:45 - 9:15 pm (C2) 7:15-8:15pm		3:45 5:15 pm	6
Competitive Development Skill Development Academy	AM Land PM				6:00 - 7:30pm	7:45 - 9:15 pm (C2)		3:45 5:15 pm	6

Key	
Perdiswell	
Kings	
Malvern	
Abberley	