

# 2024 COACHING TIMETABLE

 <b>High Performance &amp; Tour Squads</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	10am - 12pm	10am - 12pm	10am - 12pm	10am - 12pm	10am - 12pm	
 <b>Enhance Squads</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	5pm - 7pm	5pm - 7pm	5pm - 7pm	5pm - 7pm	5pm - 7pm	
 <b>Compete Squads</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	60min 4pm - 5pm 5pm - 6pm	60min 5pm - 6pm 6pm - 7pm	60min 4pm - 5pm	60min 5pm - 6pm	60min 4pm - 5pm 5pm - 6pm	60min 11am - 12pm
	90min 5pm - 6.30pm		90min 5pm - 6.30pm	90min 5pm - 6.30pm	90min 5pm - 6.30pm	
	2 hrs 5pm - 7pm Advanced		2 hrs 5pm - 7pm* *Invite only- Advanced	2 hrs 5pm - 7pm Advanced	2 hrs 5pm - 7pm Advanced	
 <b>Green Ball Hot Shots</b> 9yo+	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	4pm - 5pm 5pm - 6pm	4pm - 5pm	4pm - 5pm	4pm - 5pm 5pm - 6.30pm	4pm - 5pm	10am - 11am
 <b>Orange Ball Hot Shots</b> 7-9yo	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	4pm - 5pm	4pm - 5pm 5pm - 6pm 5pm - 6.30pm* *Invite only	4pm - 5pm 5pm - 6pm	4pm - 5pm 5pm - 6pm	4pm - 5pm	9am - 10am 11am-12pm
 <b>Red Ball Hot Shots</b> 5-8yo	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	4pm - 5pm 5pm - 6pm	4pm - 5pm	4pm - 5pm	4pm - 5pm	4pm - 5pm	9am - 10am 10am - 11am
 <b>Blue Ball Hot Shots</b> 3-5yo	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	2.15pm - 3pm	9.15am - 10am			12.30 - 1.15pm 1.15 - 2pm	8.30 - 9.15am 9.15am - 10am 10 - 10.45am

Subject to change without notice- 09.01.24