

2019 JUNIOR SQUAD TIMETABLE (DRAFT)

CADET GIRLS/BOYS, SENIOR GIRLS/BOYS, JUNIOR GIRLS/BOYS

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
		4 th May 9am - 11am 1pm - 3pm	5 th May 11am - 1.30pm
6 th May No Training	8 th May 6.30pm - 8pm	11 th May 3pm - 5pm	
13 th May 6.30pm - 8pm	15 th May 6.30pm - 8pm	18 th May 3pm - 5pm	
20 th May 6.30pm - 8pm	22 nd May 6.30pm - 8pm	25 th May 3pm - 5pm	
27 th May 6.30pm - 8pm	29 th May 6.30pm - 8pm	1 st June 3pm - 5pm	
3 rd June 6.30pm - 8pm	5 th June 6.30pm - 8pm	2019 NATIONALS Friday 7 th June, Saturday 8 th June, Sunday 9 th June, Monday 10 th June	

Selection Criteria:

- Country athletes defined by the Central Coast and Illawarra Regions must attend Saturday sessions. Separate arrangements will be made for athletes residing outside these areas.
- Athletes must attend at least 2 selection tournaments, with the NSW State Titles being compulsory.
- Athletes who attend 2 of the 4 available monthly Junior Development Squad sessions in 2019 (Including the Illawarra Camp), may miss one of the three sessions of the State Camp.
- Athletes must attend 2 out of 3 available weekly session's post-NSW State Camp with Saturday sessions being compulsory.
- Subject to prior Junior Coaches' approval, if an athlete is unable to attend a Saturday session, a weekly session may potentially be used to make up the 67% training quota.
- In 2019 Cadets will be required to attend at least 1 x Senior training session per week if they intend playing up in the senior divisions. Exemptions may be possible after discussion between Senior and Junior Coaches for athletes whose weight prevents them from realistically participating in the Senior session.
- Combined Medical and Athletes Agreements will be developed for 2019.

Proposed cut off date for nominations and uniform orders 24th April 2019.