

HDSC Squad Training Schedule 2026-2027								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Performance	AM	4:45 Pre pool 5:00-7:00 Set JH	4:45 Pre pool 5:00-7:00 Set JH		4:45 Pre pool 5:00-7:00 Set JH		4:45 Pre pool 5:00-7:00 Set JH	
	PM	17:45 Pre pool 18:00-20:00 Set JH, Knaresborough	18:15-18:50 S&C	17:45 Pre pool 18:00-20:00 Set JH	19:15 Pre pool 19:30-21:00 Set JB+VH, Ripon		7:10-7:45 S&C	
			19:00-21:00 Set JH					
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Age Group Performance	AM	4:45 Pre pool 5:00-7:00 Set JB		5:15 Pre pool 5:30-7:00 Set JH	4:45 Pre pool 5:00-7:00 Set JB		4:45 Pre pool 5:00-7:00 Set JB 7:10-7:45 S&C	
	PM	19:15 Pre pool 19:30-21:00 Set JB, Knaresborough	17:45 Pre pool 18:00-19:30 Set JB		19:15 Pre pool 19:30-21:00 Set JB+VH, Ripon			
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Performance	AM		5:15 Pre pool 5:30-7:00 Set JB				6:45 Pre pool 7:00-8:30Set JB	17:45 Pre pool 18:00-19:00 Set JB
	PM	17:45 Pre pool 18:00-19:30 Set JB, Knaresborough			17:45 Pre pool 18:00-19:30 Set JB+VH, Ripon			
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Development	AM		5:155 Pre pool 5:30-7:00 Set JB			5:15 Pre pool 5:30-7:00 Set JB	5:15 Pre pool 5:30-7:00 Set ST Knaresborough	18:45 Pre pool 19:00-20:30 Set JB
	PM		19:15 Pre pool 19:30-21:00 Set JB					
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Age Group Development	AM		5:15 Pre pool 5:30-7:00 Set JB					
	PM	17:45 Pre pool 18:00-19:30 Set JB, Knaresborough			17:45 Pre pool 18:00-19:30 Set JB+VH, Ripon			17:45 Pre pool 18:00-19:00 Set JB
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Development	AM						7:15 Pre pool 7:30-8:30 Set AB	
	PM		17:45 Pre pool 18:00-19:00 Set JH					17:45 Pre pool 18:00-19:00 Set RP
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Para	PM	19:00-20:00 AB		18:00-19:00 AB		18:30-19:30 AB		
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters	AM			5:30-7:00 Set ST		5:30-7:00 Set ST	7:00-8:30 Set ST, Knaresborough	
	PM	20:00-21:00 Set						19:00-20:30