



Squad Structure & Progression Guide

September 2023

NATIONAL / REGIONAL PATHWAY

SENIOR PERFORMANCE

AGE GROUP PERFORMANCE

JUNIOR PERFORMANCE

COUNTY PATHWAY

YOUTH COUNTY

AGE GROUP COUNTY

JUNIOR COUNTY

COMPETITIVE PATHWAY

YOUTH COMPETITIVE

AGE GROUP COMPETITIVE

JUNIOR COMPETITIVE

COMPETITIVE DEVELOPMENT

FITNESS PATHWAY

CLUB

JUNIOR CLUB

18+

MASTERS

SKILLS ACADEMY - BRONZE, SILVER & GOLD

SKILLS ACADEMY PRE-SQUAD