



Squad Structure & Progression Guide

January 2023

NATIONAL / REGIONAL PATHWAY

SENIOR PERFORMANCE

AGE GROUP PERFORMANCE

JUNIOR PERFORMANCE

COUNTY PATHWAY

YOUTH COUNTY

JUNIOR COUNTY

COMPETITIVE PATHWAY

SENIOR COMPETITIVE

AGE GROUP COMPETITIVE

JUNIOR COMPETITIVE

COMPETITIVE DEVELOPMENT

FITNESS PATHWAY

SENIOR CLUB

JUNIOR CLUB

18+

MASTERS

SKILLS ACADEMY - BRONZE, SILVER & GOLD

SKILLS ACADEMY PRE-SQUAD