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|-------------------|---------|--------------------|-----------------|
| 2012 Girls | | | |
| Monday | 530-7pm | Team Training | Coach Tim/Bedo |
| Monday | 7-8pm | Technical Training | Coach Andy |
| Wednesday | 5-530 | Speed Training | Coach Stephanie |
| Wednesday | 530-7 | Team Training | Coach Tim/Bedo |
| 2011 Girls | | | |
| Monday | 530-7pm | Team Training | Coach Andy |
| Monday | 7-8pm | Technical Training | Coach Jordan |
| Wednesday | 530-7pm | Team Training | Coach Andy |
| Wednesday | 7-745 | Speed Training | Coach Stephanie |
| 2009 Girls | | | |
| Monday | 6-645pm | Speed Training | Coach Stephanie |
| Monday | 7-830pm | Team Training | Coach Tim |
| Wednesday | 6-7pm | Technical Training | Coach Ryan |
| Wednesday | 7-830pm | Team Training | Coach Tim |
| 2008 Girls | | | |
| Monday | 6-7pm | Technical Training | Coach Jordan |
| Monday | 7-830pm | Team Training | Coach Cat/Dan |
| Wednesday | 6-645pm | Speed Training | Coach Stephanie |
| Wednesday | 7-830pm | Team Training | Coach Cat/Dan |
| 2007 Girls | | | |
| Monday | 530-7pm | Team Training | Coach Ben |
| Monday | 7-745pm | Speed Training | Coach Stephanie |
| Wednesday | 530-7pm | Team Training | Coach Ben |
| Wednesday | 7-8pm | Technical Training | Coach Andy |
| 2005 Girls | | | |
| Monday | 6-645pm | Speed Training | Coach Cat |
| Monday | 7-830pm | Team Training | Coach Ben |
| Wednesday | 6-7pm | Technical Training | Coach Jordan |
| Wednesday | 7-830pm | Team Training | Coach Ben |
| 2013 Boys | | | |
| Tuesday | 530-7pm | Team Training | Coach Andy |
| Tuesday | 7-8pm | Technical Training | Coach Jordan |
| Thursday | 530-7pm | Team Training | Coach Andy |
| Thursday | 7-730 | Speed Training | Coach Jordan |

| 2012 Boys | | | |
|-----------------------------|---------|--------------------|-----------------|
| Tuesday | 530-7pm | Team Training | Coach James |
| Tuesday | 7-8pm | Technical Training | Coach Andy |
| Thursday | 530-7pm | Team Training | Coach James |
| Thursday | 7-730 | Speed Training | Coach Stephanie |
| 2011 & 2010 Boys | | | |
| Tuesday | 530-7pm | Team Training | Coach Ryan |
| Tuesday | 7-745pm | Speed Training | Coach Stephanie |
| Thursday | 530-7pm | Team Training | Coach Ryan |
| Thursday | 7-8pm | Technical Training | Coach Andy |
| 2009 Boys | | | |
| Tuesday | 6-645pm | Speed Training | Coach Stephanie |
| Tuesday | 7-830pm | Team Training | Coach Ryan |
| Thursday | 6-7pm | Technical Training | Coach Jordan |
| Thursday | 7-830pm | Team Training | Coach Ryan |
| 2008 Boys | | | |
| Tuesday | 6-7pm | Technical Training | Coach Jordan |
| Tuesday | 7-830pm | Team Training | Coach Cat/Dan |
| Thursday | 6-645pm | Speed Training | Coach Stephanie |
| Thursday | 7-830pm | Team Training | Coach Cat/Dan |
| 2006 Boys | | | |
| Tuesday | 6-645pm | Speed Training | Coach Cat |
| Tuesday | 7-830pm | Team Training | Coach James |
| Thursday | 6-7pm | Technical Training | Coach Cat |
| Thursday | 7-830pm | Team Training | Coach James |
| 2004 Boys | | | |
| Monday | 5-545pm | Speed Training | Coach Stephanie |
| Monday | 6-7pm | Technical Training | Coach Ryan |
| Monday | 7-830pm | Team Training | Coach Bedo |
| Wednesday | 7-830pm | Team Training | Coach Bedo |