

Full Membership squads

Overall Training Programme will be delivered under the leadership of Head Coach: Mark Staiger

Lead Coach Masters: Seb Leather

Masters

- Principal Coach: Seb Leather
- Up to 5.5-9.5hrs/week, 3-5 sessions

Lead Coach Gold Programme: Mark Staiger

Pure Gold

- Principal Coach: Mark Staiger
- Up to 13.5hrs per week, 7 sessions
- Land Training

White Gold

- Principal Coach: Alex Counsell
- Up to 12hrs per week, 6 sessions
- Land Training

Lead Coach Silver Programme: Seb Leather

Silver

- Principal Coach: Seb Leather
- Up to 10.25hrs per week over 6 training sessions
- Land training

Silver Development

- Principal Coach: Louise Hargrave
- Up to 8.5hrs per week over 5 training sessions

Lead Coach Bronze Programme: Louise Hargrave

Bronze

- Principal Coach: Louise Hargrave
- Up to 6.75hrs per week over 5 training sessions

Bronze Development

- Principal Coach: Kerry Jones
- Up to 5.25hrs per week over 4 training sessions

Cadets

- Principal Coach: Kerry Jones
- Up to 3.00hrs per week over 3 training sessions