

ASA North West Region
are launching the

SNW Satellite Programme

formerly Regional Training Centres (RTCs)



Weekly Satellite Sessions

for players wanting to access the Talent Pathway

Group 1 : U16s (Sept 2016 intake players born 2001 and 2002)

Group 2 : U14s (Sept 2016 intake players born 2003 and 2004)

Registration; Strength & Conditioning 45mins; Transition 15mins; Pool 90mins

£60 per 10-week term

(3 terms : Autumn, Spring and Summer)

Please register your interest with the Administrator

This session forms part of the Talent Pathway as selection to represent SNW at the Regional Academy Competitions will be made at Intra-Satellite Festivals where selection for the National Academy and ultimately the National Squads will take place at these competitions

Satellite 1 – Merseyside

Lifestyles Austin Rawlinson, Parklands, Conleach Road, Liverpool, L24 0TR

Administrator: Ant McGuinness a.l.mcguinness@gmail.com Head coach: Alice Byrne

TUESDAY'S

Gym 18:30 - 19:15 + Pool 19:30 - 21:00

Trials – Tuesday 27th September

All players must register by email to attend

Autumn 2016 Term Dates

4th, 11th, 18th October

(No Session - Half Term 25th October)

1st, 8th, 15th, 22nd, 29th November

6th, 13th December