All National Squad members are called out to training sessions on March 7 & 8, 2014.

All current listed national squad members are to be in attendance.

The sessions are as follows:

Friday: 6:30 - 8:30am & 3:00 to 5:00pm Saturday: 6:30 - 8:30am & 3:00 to 5:00pm

All coaches available and willing to coach any or all sessions should contact Coach Gillian Millwood by Wednesday March 5

For more information speak with Coach Syreeta Daley-Biggs, Coach Gillian Millwood, or VP Allan-Roy Marsh.

Look out for the calendar of training sessions to be posted on the website notice board.