																					Tre	ainir	ıg M	acro	Cycle	е																										
Month	September					October										mbei		January				February				March A				Ар	April				May		June					July					August					
Week Beginning	29th 5	5th 12	th 19t	h 26t	h 3rd	10th	17th	24th	31st	7th	14th	21st	28th	5th	12th	19th	26th	2nd	9th	16th	23rd	30th	6th	13th	20th	27th	6th	13th 2	20th 2	27th	3rd 1	l0th	17th 2	24th	1st	8th	15th	22nc	29th	5th	12th	19t	h 26th	h 3rd	d 10	th 17	'th 24	th 31	st 7t	h 14	th 21s	t
Competitions:-							closing date for Winter Regionals					closing date for Winter Nationals	National Winter		closing date for Devons											]	ier Nati ow opei			of other professional	Closing date for Summer Regionals						Window closes (21st)	     		Date for national invites released							British	Summer English	Summer			
Performance Gala's (Squad 4)						Exeter Meet L2			SW Winter Regional L2										Devon Champs L1								PL Spring Meet L1						SW Age Group Champs L1	SW Youth Champs L1		SW Age Group Champs L1		i ! ! !														
Development Gala's (squad 2 & 3)				Plymouth Cities L3	Plymouth Cities			-3					PL Xmas Meet	<sup>o</sup> L Xmas Meet					Devon Relays / Devon Inter Club	Devon Champs L1		Devon Champs L1																							3	3						
Club Galas (Squad 1)					Arena League			Devon Developments L3	DRSA Bonfire Bonanza	Arena League				Arena League											Junior Team Gala			Two Counties Meet L3									Junior Team Gala	hips		Devon Sprints / Devon Developments	Devon Developments				DRSA Summer Sizzler I	ialización ialimino						
Para Comp's			Para South West	Winter Champs L2									Para National Winter Champs L2															Para British International Meet										DRSA Club Championships			National Junior Para											
Masters Comp's		Devon Masters			South West Masters			Masters National Championships																	Navy Masters Championships																											
Comp Weekend	4th 1	1th 18	th 25t	:h 2nd	9th				6th	13th	20th	27th	4th	11th	18th	25th	1st			22nd	29th	5th	12th	19th	26th	5th	12th				9th 1	l6th	23rd	30th	7th	14th	21st	28th	4th				h 2nc	9th	16 <sup>-</sup>	th 23			h 13	th 20	th 27t	n
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Phase	Preparation Cor					Prep	aratio	Co	mpetit	tion <b>Preparatio</b> Competitio					P	repar	ation	1		Comp	etitior	ı	Preparation Co					Competition Preparation						Competition					on	Competition Preparation					Competition Competition Transitio N Phase -				sitio NC	n-Con Pha	npetition ase	