

### Squad Training Summer 2017

DATE	TIME	HRS	GROUP
<b>Monday 07 August 17</b>	2.00pm-6.00pm	4	Advanced / Elite Girls / Jrs Advanced
	2.00pm-6.00pm	4	Development Girls
	2.00pm-5.00pm	3	Junior Advanced Boys
	2.00pm-7.00pm	5	Advanced / Elite Boys
	5.00pm-7.00pm	2	Development Boys
	4.00pm-7.00pm	3	Trampolineing
<b>Tuesday 08 August 17</b>	8.45am-12.30pm	3.5	Recreational Camp
	12.30pm-3.30pm	3	DMT
	12.30pm-5.30pm	5	Advanced / Elite Girls
	12.30pm-5.30pm	5	Junior Advanced Girls
	1.30pm-4.30pm	3	Junior Advanced Boys
	1.30pm-6.30pm	5	Advanced / Elite Boys
	4.00pm-6.00pm	2	Start Squad
	5.00pm-9.00pm	4	Senior Recreational
	6.00pm-8.30pm	2.5	Junior Recreational
	6.00pm-9.00pm	3	Senior Girls
<b>Wednesday 09 August 17</b>	8.45am-12.30pm	3.75	Pre-School (open gym) / structured
	12.30pm-1.30pm	1	Recreational Trampolineing
	1.00pm-4.00pm	3	Start Squad
	2.00pm-4.00pm	2	DMT
	3.15pm-7.15pm	4	Senior Girls
	3.15pm-7.15pm	4	Development Girls
	3.15pm-8.15pm	5	Advanced / Elite Boys
	3.15pm-8.15pm	5	Advanced / Elite Girls
	3.15pm-8.15pm	5	Junior Advanced Girls
	3.45pm-6.45pm	3	Junior Advanced Boys
	4.45pm-7.45pm	3	Trampolineing
	8.15pm-10.00pm	1.75	Adult Gym
<b>Thursday 10 August 17</b>	8.45am-12.30pm	3.5	Recreational Camp
	12.30pm-4.30pm	4	Senior Recreational
	12.30pm-3.30pm	3	Trampolineing
	1.00pm-2.30pm	1.5	Mini Development Girls
	4.00pm-7.00pm	3	DMT
	1.30pm-4.00pm	2.5	Development Boys
	3.00pm-8.00pm	5	Advanced / Elite Boys
	4.00pm-8.00pm	4	Development Girls
<b>Friday 11 August 17</b>	8.45am-12.30pm	3	Pre-School (open gym & structured)
	12.30pm-4.30pm	4	Senior Girls
	12.30pm-4.30pm	4	Development Girls
	12.30pm-5.30pm	5	Advanced / Elite Girls
	12.30pm-5.30pm	5	Junior Advanced Girls
	12.30pm-2.30pm	2	Start Squad
	1.00pm-4.00pm	3	Development Boys
	1.00pm-5.00pm	4	Junior Advanced Boys
	2.00pm-5.00pm	3	Trampolineing
	6.00pm-8.00pm	2	DMT
<b>Saturday 12 August 17</b>	9.30am-11.00pm	1.5	Mini Development Girls
	9.30am-1.30pm	4	Senior Girls
	9.30am-2.30pm	5	Junior Advanced Girls
	9.30am-2.30pm	5	Advanced / Elite Girls
	10.30am-11.30am	1	Saturday Recreational Boys
	11.30am-2.30pm	3	Junior Advanced Boys
	10.00am-2.30pm	4.5	Advanced / Elite Boys
<b>Sunday 13 August 17</b>	<b>NO TRAINING</b>		

### Squad Training Summer 2017

DATE	TIME	HRS	GROUP
<b>Monday</b> <b>14 August 17</b>	8.45am-12.30pm	3.5	Recreational Camp
	1.00pm-5.00pm	4	Advanced / Elite Girls / Jr Advanced
	1.00pm-5.00pm	4	Development Girls
	1.00pm-4.00pm	3	Junior Advanced Boys
	1.00pm-6.00pm	5	Advanced / Elite Boys
	1.00pm-3.30pm	2.5	Development Boys
	4.00pm-7.00pm	3	Trampolineing
<b>Tuesday</b> <b>15 August 17</b>	8.45am-12.30pm	3.75	Pre-School (open gym) / structured
	12.30pm-3.30pm	3	DMT
	12.30pm-5.30pm	5	Advanced / Elite Girls
	12.30pm-5.30pm	5	Junior Advanced Girls
	1.30pm-4.30pm	3	Junior Advanced Boys
	1.30pm-6.30pm	5	Advanced / Elite Boys
	4.00pm-6.00pm	2	Start Squad
	5.00pm-9.00pm	4	Senior Recreational
	6.00pm-8.30pm	2.5	Junior Recreational
6.00pm-9.00pm	3	Senior Girls	
<b>Wednesday</b> <b>16 August 17</b>	8.45am-12.30pm	3.75	Pre-School (open gym) / structured
	12.30pm-1.30pm	1	Recreational Trampolineing
	1.00pm-4.00pm	3	Start Squad
	1.00pm-4.00pm	3	Junior Advanced Boys
	1.30pm-4.30pm	3	Trampolineing
	3.15pm-7.15pm	4	Senior Girls
	3.15pm-7.15pm	4	Development Girls
	3.15pm-8.15pm	5	Advanced / Elite Girls
	3.15pm-8.15pm	5	Junior Advanced Girls
	3.15pm-8.15pm	5	Advanced / Elite Boys
8.15pm-10.00pm	1.75	Adult Gym	
<b>Thursday</b> <b>17 August 17</b>	8.45am-12.30pm	3.5	Recreational Camp
	12.30pm-3.00pm	2.5	Development Boys
	12.30pm-3.30pm	3	Trampolineing
	12.30pm-4.30pm	4	Senior Recreational
	3.00pm-8.00pm	5	Advanced / Elite Boys
	4.00pm-7.00pm	3	DMT
	4.00pm-8.00pm	4	Development Girls
<b>Friday</b> <b>18 August 17</b>	9.30am-1.30pm	4	Senior Girls
	9.30am-1.30pm	4	Development Girls
	9.30am-2.30pm	5	Advanced / Elite Girls
	9.30am-2.30pm	5	Junior Advanced Girls
	10.00am-12.00pm	2	Development Boys
	12.30pm-3.30pm	3	Junior Advanced Boys
	1.00pm-3.00pm	2	Start Squad
	2.30pm-5.30pm	3	Trampolineing
	2.30pm-4.00pm	1.5	Holiday Camp - Tumble Class
4.30pm-6.00pm	1.5	Holiday Camp - Freestyle Gymnastics	
6.00pm-7.30pm	1.5	Holiday Camp - DMT / TRA	
<b>Saturday</b> <b>19 August 17</b>	9.30am-11.00pm	1.5	Mini Development Girls
	9.30am-1.30pm	4	Senior Girls
	9.30am-2.30pm	5	Junior Advanced Girls
	9.30am-2.30pm	5	Advanced / Elite Girls
	11.00am-1.00pm	2	Trampolineing
	11.15am-12.15pm	1	Saturday Boys
	12.30pm-4.00pm	4	Junior Advanced Boys
	12.00pm-4.30pm	4.5	Advanced / Elite Boys
1.30pm-4.30pm	3	DMT	
<b>Sunday</b> <b>20 August 17</b>	<b>NO TRAINING</b>		

### Squad Training Summer 2017

DATE	TIME	HRS	GROUP
<b>Monday</b> <b>21 August 17</b>	8.45am-12.30pm	3.5	Pre-School (open gym) / structured
	12.30pm-5.30pm	5	Advanced / Elite Girls / Jr Advanced
	12.30pm-4.30pm	4	Development Girls
	1.00pm-3.00pm	2	Development Boys
	1.00pm-6.00pm	5	Advanced / Elite Boys
	3.15pm-7.15pm	4	Junior Advanced Boys
	4.15pm-7.15pm	3	Trampolining
<b>Tuesday</b> <b>22 August 17</b>	8.45am-12.30pm	3.5	Recreational Camp
	12.30pm-3.30pm	3	DMT
	12.30pm-5.30pm	5	Advanced / Elite Girls
	12.30pm-5.30pm	5	Junior Advanced Girls
	1.30pm-4.30pm	3	Junior Advanced Boys
	1.30pm-6.30pm	5	Advanced / Elite Boys
	4.00pm-6.00pm	2	Start Squad
	5.00pm-9.00pm	4	Senior Recreational
	6.00pm-8.30pm	2.5	Junior Recreational
6.00pm-9.00pm	3	Senior Girls	
<b>Wednesday</b> <b>23 August 17</b>	8.45am-12.30pm	3.75	Pre-School (open gym) / structured
	12.30pm-1.30pm	1	Recreational Trampolining
	1.00pm-4.00pm	3	Start Squad
	3.15pm-7.15pm	4	Senior Girls
	3.15pm-7.15pm	4	Development Girls
	3.15pm-8.15pm	5	Advanced / Elite Boys
	3.15pm-8.15pm	5	Advanced / Elite Girls
	3.15pm-8.15pm	5	Junior Advanced Girls
	3.45pm-6.45pm	3	Junior Advanced Boys
	8.15pm-10.00pm	1.75	Adult Gym
<b>Thursday</b> <b>24 August 17</b>	8.45am-12.30pm	3.5	Recreational Camp
	12.30pm-4.30pm	4	Senior Recreational
	1.30pm-4.30pm	3	Development Boys
	3.00pm-8.00pm	5	Advanced / Elite Boys
	4.00pm-8.00pm	4	Development Girls
<b>Friday</b> <b>25 August 17</b>	9.30am-1.30pm	4	Senior Girls
	9.30am-1.30pm	4	Development Girls
	9.30am-2.30pm	5	Advanced / Elite Girls
	9.30am-2.30pm	5	Junior Advanced Girls
	12.30pm-3.30pm	3	Development Boys
	12.30pm-3.30pm	3	Junior Advanced Boys
	1.00pm-3.00pm	2	Start Squad
	2.30pm-4.00pm	1.5	Holiday Camp - Tumble Class
	4.30pm-6.00pm	1.5	Holiday Camp - Freestyle Gymnastics
6.00pm-7.30pm	1.5	Holiday Camp - DMT / TRA	
<b>Saturday</b> <b>26 August 17</b>	9.30am-11.00pm	1.5	Mini Development Girls
	9.30am-1.30pm	4	Senior Girls
	9.30am-2.30pm	5	Junior Advanced Girls
	9.30am-2.30pm	5	Advanced / Elite Girls
	10.00am-11.00am	1	Saturday Boys
	11.00am-2.00pm	3	Junior Advanced Boys
11.00am-3.30pm	4.5	Advanced / Elite Boys	
<b>Sunday</b> <b>27 August 17</b>	<b>NO TRAINING</b>		

## Squad Training Summer 2017

DATE		TIME	HRS	GROUP
Monday	28 August 17	<b>NO TRAINING - BANK HOLIDAY</b>		
Tuesday	29 August 17	9.00am-5.00pm		WAG LEVEL 1 COURSE
		9.30pm-2.30pm	5	Advanced / Elite Girls
		9.30pm-2.30pm	5	Junior Advanced Girls
		2.30pm-5.30pm	3	Junior Advanced Boys
		5.30pm-7.30pm	2	Development Boys
		2.30pm-7.30pm	5	Advanced / Elite Boys
		3.30pm-6.30pm	3	Development Girls
		4.00pm-6.00pm	2	Start Squad
		5.00pm-9.00pm	4	Senior Recreational
		6.00pm-8.30pm	2.5	Junior Recreational
		6.00pm-9.00pm	3	DMT
Wednesday	30 August 17	<b>SQUAD NORMAL TRAINING</b>		
		8.15pm-10.00pm	1.75	Adult Gym
Thursday	31 August 17	<b>SQUAD NORMAL TRAINING</b>		
Friday	01 September 17	<b>SQUAD NORMAL TRAINING - COACHES TO CONFIRM IF CANCELLATIONS DUE TO COMPETITION</b>		
		<b>MAG COMP - LONDON OPEN</b>		
Saturday	02 September 17	<b>SQUAD NORMAL TRAINING - COACHES TO CONFIRM IF CANCELLATIONS DUE TO COMPETITION</b>		
		<b>MAG COMP - LONDON OPEN</b>		
		<b>BERKHAMSTED COMPETITION SET UP</b>		
Sunday	03 September 17	<b>SQUAD NORMAL TRAINING</b>		
		<b>MAG COMP - LONDON OPEN</b>		
		<b>BERKHAMSTED CLUB CHAMPS at MGC</b>		