

Squad Training Schedule Christmas 2017

DATE	TIME	GROUP
Saturday 16 December 17	PRE-SCHOOL ASSAULT COURSE AM / CONDITIONING TEST PM	
Sunday 17 December 17	NORMAL TRAINING	
Monday 18 December 17	NORMAL TRAINING / RECREATIONAL TASTER SESSIONS	
Tuesday 19 December 17	NORMAL TRAINING / RECREATIONAL TASTER SESSIONS	
Wednesday 20 December 17	NORMAL TRAINING / RECREATIONAL TASTER SESSIONS	
Thursday 21 December 17	10.00am-12.00pm	Development Boys
	10.00am-1.00pm	Senior Recreational
	12.00pm-4.00pm	Junior Advanced Boys
	12.00pm-5.00pm	Advanced / Elite Boys
	1.00pm-5.00pm	Development Girls
	1.30pm-3.30pm	Mini Development
Friday 22 December 17	10.00am-12.30pm	Development Boys
	10.00am-1.00pm	Trampolineing
	10.00am-2.00pm	Development Girls
	12.00pm-2.00pm	Start Squad
	12.30pm-4.30pm	Junior Advanced Boys
	1.00pm-4.00pm	Senior Girls
	1.00pm-5.00pm	Advanced / Elite Girls
	1.00pm-5.00pm	Junior Advanced Girls
Saturday 23 December 17	10.00am-12.00pm	Trampolineing
	10.00am-2.00pm	Start Squad
	10.00am-2.00pm	Senior Girls
	10.00am-2.00pm	Advanced / Elite Girls
	10.00am-2.00pm	Junior Advanced Girls
	10.00am-3.00pm	Junior Advanced Boys
	10.00am-3.00pm	Advanced / Elite Boys
	12.30pm-2.30pm	DMT
Sunday 24 December 17	NO TRAINING - XMAS EVE	
Monday 25 December 16	NO TRAINING - XMAS DAY	
Tuesday 26 December 16	NO TRAINING - BOXING DAY	
Wednesday 27 December 17	NO TRAINING	
Thursday 28 December 17	9.30am-12.30pm	Junior Advanced Boys
	9.30am-12.30pm	Advanced / Elite Boys
	9.30am-11.30am	Trampolineing
	9.30am-11.30am	Mini Development
	10.00am-2.00pm	Senior Recreational
	12.00pm-3.00pm	DMT
	12.00am-3.00pm	Development Girls
	12.45pm-3.00pm	Development Boys
Friday 29 December 17	9.30am-11.30am	Trampolineing
	9.30am-11.30am	Start Squad
	9.30am-12.30pm	Junior Advanced Boys
	9.30am-12.30pm	Advanced / Elite Boys
	12.00pm-3.00pm	Development Girls
	12.00pm-3.00pm	Advanced / Elite Girls
	12.00pm-3.00pm	Junior Advanced Girls
	12.00pm-3.00pm	Senior Girls
	12.00pm-3.00pm	DMT
	12.45pm-3.00pm	Development Boys
Saturday 30 December 17	9.15am-10.15am	PreSchool Trial
	10.00am-12.00pm	Trampolineing
	10.30am-3.00pm	Junior Advanced Boys
	10.30am-3.00pm	Advanced / Elite Boys
	12.00am-3.00pm	Senior Girls
	12.00pm-3.00pm	Advanced / Elite Girls
	12.00pm-3.00pm	Junior Advanced Girls
	12.30-2.30pm	DMT
Sunday 31 December 17	NO TRAINING - NEW YEARS EVE	
Monday 01 January 18	NO TRAINING - NEW YEARS DAY	
Tuesday 02 January 18	NORMAL TRAINING RESUMES	