

TIMETABLE DECEMBER 2011

	<u>PRE-TEAM</u>	<u>JUNIOR ACADEMY</u>	<u>ACADEMY</u>	<u>COUNTY SQUAD</u>	<u>REGIONAL SQUAD</u>	<u>COMP DEVELOP</u>	<u>PARENTS' GROUP</u>	<u>SENIOR & MASTERS</u>
COACHES	DAM/STU	BRADLEY	STUART	DAMIEN	MARTIN	MILTON	DAMIEN	TONY
MONDAY			18.00 - 19.30		17.30 - 19.30	19.30 - 21.00		19.30 - 21.00
TUESDAY				17.30 - 19.30	6.30 - 8.00 17.30 - 19.30			19.30 - 21.30
WED		17.30 - 19.00	17.30 - 19.30	18.00 - 20.00 *SPGS	18.00 - 20.00 *SPGS	19.00 - 20.30		20.00 - 21.30 *SPGS
THU		17.30 - 18.30	18.30 - 19.30		17.30 - 19.30	19.30 - 21.00		19.30 - 21.00
FRIDAY				18.00 - 19.30	18.00 - 19.30			19.30 - 21.00
SAT		8.30 - 10.00	8.30 - 10.00	10.00 - 11.30		10.00 - 11.30	7.30-8.30	
SUNDAY	15.00 - 16.00 15.00 - 16.00	8.30 - 10.00 10.00 - 10.30 stretching	8.30 - 10.00 10.00 - 10.30 stretching	16.30 - 17.30 land training 17.30 - 19.30	16.30 - 17.30 land training 17.30 - 19.30	16.00 - 17.30		10.30 - 12.30

*(SPGS) - Training sessions take place at [St Paul's Girls School](http://www.stpaulsbarnessc.com).