

# SPORTS FACILITY TRAINING SCHEDULE 2017

## Until end of Summer

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Cricket Outdoor Nets 12.45-1.30	U-12s NH		U-14s LC/AE	U-13s LC/AE	U-15s JC
Cricket Strip 1 12.45-1.30	U-14s PH		U-15s JC	U-12s NH	U-13s LC/AE
Athletics Areas Back Fields  Track LJ TJ Pit 12.45-1.30	Throws MF Hurdles DD L.J/T.J S.A	Sprints NH	Middle Distance SA  Throws MF		Throws MF
New /AW Lunch 12.45-1.30		Tour Squad DD PH			
Sports Hall Lunch 12.45-1.30				High Jump DD	
Fitness Suite Lunchtime 12.45-1.30	Seniors	U-14s SA	Seniors	U-15s SA	U-13s SA
Fitness Suite After School 3.45-5 p.m	All Years SA	All Years SA		All Years SA	All Years SA
Swimming Pool Pre School 8-8.45		Staff		Staff	Swimming Squad
Swimming Pool Lunchtime 12.45-1.30	Water Polo Years 1 and 2	Development Group Swim		U-14s/15s Water Polo  PC	All Years Swim PC
Swimming Pool After School 3.45-4.45	Water Polo Club Year 2 and above			Water Polo Club 1 <sup>st</sup> Years	Water Polo Club All Years
Tennis Courts Lunchtime 12.45-1.30	2 <sup>nd</sup> Years SW, PL	4 <sup>th</sup> Years JC	1 <sup>st</sup> Years SC	3 <sup>rd</sup> Years AE	Team Training