

# St Ambrose College

## SPORTS FACILITY TRAINING SCHEDULE 2017

### Beginning Sept 2017 to December 2017

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 <sup>st</sup> XV Rugby Pitch		U-13s Rugby MF/PA		U-15s AE/LC	U-14s Rugby JC/ME
Back Pitch	U-12s Rugby MM/NH	U-14s Rugby JC/ME	U-12s NH/MM	U-12s Rugby NH/MM	U-13s Rugby PA/MF
All Weather Pitch Lunch		Seniors Rugby PH/DD/AR	U-15s AE/LC	Seniors Rugby PH/DD/AR	
All Weather Hockey Pitch Lunch	U-14 and U- 16 Hockey Squads S.C				1 <sup>st</sup> Years Hockey NH
All Weather Pitch After School		Senior Football JC/MF		U-14 Rugby JC/ME	
Trim Trail Cross Country Lunchtime	All Years SA		All Years SA		
Sports Hall Lunch	Basketball Under 16s	Basketball 1 <sup>st</sup> Year NH	Badminton Table Tennis PR Years 3 and 4	Badminton Table Tennis Years 1 and 2	Basketball 2 <sup>nd</sup> and 3 <sup>rd</sup> Years SW, DD
Pre School Fitness		Circuits SA		Circuits SA	
Fitness Suite Lunchtime	U-13, U-16s MF	U-15s SA	Seniors MF	U-13s/14s SA	U-12s SA
Fitness Suite After School	All Years SA	All Years SA	All Years SA		All Years SA
Swimming Pool Pre School		Staff Swim		Staff Swim	All Students All Years
Swimming Pool Lunchtime	Swimming All years Club	Swimming All Years Beginners PC		Year 1 and 2 Water Polo TN/PC	Y.3,4 and 5 Water Polo PC
Swimming Pool After School	Water Polo Club Year 3 and above	Galas NH/PC		Water Polo Club Year 2	Water Polo Club Year 1