

**ST AMBROSE COLLEGE**  
**SPORTS FACILITY TRAINING SCHEDULE 2018**  
**Beginning Monday September 10<sup>th</sup>**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 <sup>st</sup> XV Rugby Pitch		U-15s Rugby JC/AE		Seniors Rugby PR/DD/AR	
Back Pitch		U-12s Rugby MM/MF		U-13s Rugby NH/ME	
All Weather Pitch Lunch	U-14 Rugby ME/LC	Seniors Rugby PH/DD/AR	U-13 Rugby NH /PA	U-12s Rugby MM/MF	U-14s Rugby ME/LC
Small Rugby Pitch Circuits	6-7p.m	7.30-8.30 a.m	6-7 p.m	7.30-8.30 a.m	
All Weather Pitch After School		U-13 Rugby NH/PA		U-15 Rugby Senior Football	
Trim Trail Cross Country Lunchtime	All Years SA		All Years SA/DK		
Sports Hall Lunch	1 <sup>st</sup> Year Basketball SW	Basketball Years 2 and 3 NH	Badminton	Badminton	Basketball 4 <sup>th</sup> and 5 <sup>th</sup>
Fitness Suite Lunchtime	All years  MF	All Years S.A	All Years D.S	All Years S.A	All Years S.A
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	Club Swimmers	1 <sup>st</sup> and 2 <sup>nd</sup> Years Water-Polo PC		Year 3 and above Water Polo TN/PC	Beginner Swimmers PC
Swimming Pool After School	Water Polo Club Years 3 and Above	Swimming Squad NH/PC		Water Polo Club 2 <sup>nd</sup> Years	Water Polo 1 <sup>st</sup> Years TN/PC