

# SPORTS FACILITY TRAINING SCHEDULE 2019

## Until Easter

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Sports Hall Lunch 12.40-1.30	1 <sup>st</sup> Year Basketball	3 <sup>rd</sup> and 4 <sup>th</sup> Year cricketers	2 <sup>nd</sup> and 3 <sup>rd</sup> Basketball	Senior cricketers 4 <sup>th</sup> /5 <sup>th</sup> /6 <sup>th</sup> form	4 <sup>th</sup> /5 <sup>th</sup> year Basketball
Sports Hall after School	Junior cricketers/ coaching course	Junior cricketers/ coaching course	Senior cricketers/coaching course.		
All weather Lunch		Under 15 Rugby Sevens Squad		Senior Sevens Squad	
Back Rugby Pitch		Under 13 Rugby Sevens Squad		Under 12 s Sevens Squad	
1 <sup>st</sup> XV rugby pitch		Under 12s Sevens Squad	U-14 7s Squad	Under 13 Sevens Squad	Under 14s Sevens Squad
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-12s/13s Water Polo  PC	U-14/15 Water Polo PC
Swimming Pool After School 3.45-4.45	Water Polo Club Year 3 and above			Water Polo Club 2nd <sup>st</sup> Years	Water Polo 1st Years