

STOCKPORT METRO
WHERE CHAMPIONS GROW


live**FITNESS** live**SPORT** live**LIFE**

SYNCHRO CALENDAR

2018 - 2019

TRAINING TIMES

Sat 12 – 2pm Grand Central 12 & Under

Sat 1.30-4pm Grand Central 13+

Sun 12.20 – 2pm Grand Central 12 & Under

Sun 1.30-4.30pm Grand Central 13+

Wed 7.30-8.30pm Cheadle ALL

Thurs 4.30-6.30pm Marple ALL



WOLF PACK CODE

I will attend a minimum of 3 sessions a week and email
synchro@lifeleisure.net if I cannot attend

I will arrive ½ hour before each session to stretch, do scull practices
and walkthroughs with my team

I will bring full equipment to each session

I will practice my splits stretches every day

I will practice my core strength 3 times a week

I will do a stamina session every week

Coaches aim 2018.....

My aim for 2018.....

Dec 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 Figure Update Broughton 12.30- 3.30pm	3
4	5	6	7	8	9 level 1 synchro	10 Level 1 synchro
11	12	13	14	15	16 Level 1 synchro	17 Level 1 synchro
18	19	20	21 Last synchro session this year	22	23 No synchro	24 No synchro Xmas Eve
25 Xmas	26 Boxing Day	27 No synchro	28 No synchro	29	30 No synchro	31 No synchro

Jan 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3 Synchro re starts	4	5	6 Presentation evening	7
8	9	10	11	12	13 Judge update	14 Coaches conference
15	16	17	18	19	20	21
22	23	24	25	26	27 NW trials 1-6 Broughton	28
29	30	31				

Feb 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3 Display	4
5	6	7	8	9	10 Grades	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 No synchro – gala's	25 No synchro – gals's
26	27	28	29	30	31 No synchro - Easter	

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 No synchro - easter
2 Easter Monday Bank Holiday	3 EASTER HOLIDAYS	4	5	6	7	8
9 EASTER HOLIDAYS	10	11	12	13	14	15
16	17	18	19	20	21 Champs Nottingham	22 Champs Nottingham
23 30	24	25	26	27	28 Grades	29

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7 BH	8	9	10	11	12	13
14	15	16	17	18	19 Grades Novice/masters comp?	20 Novice/masters comp?
21	22	23	24	25	26	27
28 Whit hols BH	29	30	31			

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 Whit hols	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7 Combi cup TBC	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Change to summer timetable	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 BH	28	29	30	31		

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Synchro back to normal times	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 Grades	30

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 ½ term	23	24	25	26	27	28
29	30	31				

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3 Masters TBC	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 NAG's	25 NAG's
26	27	28	29	30		

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 No synchro	23 No synchro
24 31	25	26 No synchro	27 No synchro	28	29 No synchro	30 No synchro