

Academy		Luke & Ciaran ACD 1		
			Lucy ACD 2	
			Emma ACD 3	
Monday	6.35 - 7.35pm		Grand Central	
Tuesday	6.35 - 7.35pm		Grand Central	
Wednesday	6.35 - 7.35pm		Grand Central	
Thursday	6.35 - 7.35pm		Grand Central	

Junior Development 1		Lucas		
Monday	6.35 - 7.35pm		Grand Central	
Tuesday	6.35 - 7.50pm		Grand Central	
Wednesday	4.30 - 6.00pm		Avondale	
Thursday	6.35 - 7.50pm		Grand Central	
Friday	4.30 - 5.30pm		Avondale	
Sunday	5.30 - 7.00pm		Grand Central	

Junior Development 2 & 3		Luke and Emma		
Monday	4.30 - 6.00pm		Avondale	
Tuesday	4.30 - 6.00pm		Avondale	
Wednesday	4.30 - 6.00pm		Avondale	
Thursday	4.30 - 6.00pm		Avondale	
Friday	4.30 - 5.30pm		Avondale	
	5.30 - 6.30pm JD3 Gym			
Saturday	5.00 - 6.30am		Grand Central	

County			Alex		
Monday	6.35 - 7.35pm		Grand Central		
Tuesday	5.15 - 6.45am		Grand Central		
Wednesday	6.35 - 8.00pm		Grand Central		
	(6.35 - 7.35pm every 3rd week of the month)				
	5.30 - 6.15pm	Gym			
Thursday	7.35 - 8.50pm		Grand Central		
Friday	4.30 - 5.15pm	Gym	Avondale		
	5.30 - 7.00pm	Pool	Avondale		
Saturday	6.30 - 8.00am		Cheadle		
Sunday	6.30 - 8.00am		Grand Central		

Regional Age			Luke		
Monday	7.35 - 9.05pm		Grand Central		
Tuesday	7.35 - 9.05pm		Grand Central		
Wednesday	7.35 - 9.05pm		Grand Central		
Thursday	7.35 - 9.05pm		Grand Central		
Friday	4.30 - 5.15pm	Gym	Grand Central		
	5.40 - 7.00pm	Pool	Grand Central		
Saturday	5.00 - 6.30am	Pool	Grand Central		
	6.45 - 7.30am	Gym	Grand Central		

Regional Youth			Emma		
Monday	7.35 - 9.05pm		Grand Central		
Tuesday	5.00 - 7.00am		Grand Central		
	1 Hour gym				
	7.35 - 9.05pm		Grand Central		
Wednesday	7.35 - 9.05pm		Grand Central		
Thursday	5.00 - 7.00am		Grand Central		
	7.35 - 9.05pm		Grand Central		
Friday	5.00 - 7.00am		Grand Central		
	1 Hour Gym				
	7.35 - 9.05pm		Grand Central		
Saturday	6.30 - 8.00am		Grand Central		
	All Gym				

National			Lucas		
Monday	5.15 - 7.15am		Grand Central		
	4.35 - 6.35pm		Grand Central		
Tuesday	4.35 - 6.35pm		Grand Central		
	6.45 - 7.20pm		Grand Central		
Wednesday	4.35 - 7.35pm		Grand Central		
	6.45 - 7.20pm	Gym	Grand Central		
Thursday	4.35 - 6.35pm		Grand Central		
Friday	4.35 - 6.35pm		Grand Central		
Saturday	5.30 - 7.30am	Pool	Grand Central		
	7.45 - 8.30am	Gym	Grand Central		

International			Richard		
Monday	5.15 - 7.15am		Grand Central		
	4.35 - 6.35pm		Grand Central		
	6.45 - 7.45pm	Gym			
Tuesday	4.35 - 6.35pm		Grand Central		
Wednesday	5.15 - 7.15am		Grand Central		
	4.35 - 6.35pm		Grand Central		
	6.45 - 7.45pm	Gym	Grand Central		
Thursday	4.35 - 6.35pm		Grand Central		
	6.45 - 7.45pm	Gym			
Friday	5.15 - 7.15am		Grand Central		
	4.35 - 6.35pm		Grand Central		
Saturday	6.30 - 7.30am	Gym	Grand Central		
	7.30 - 9.30am	Pool	Grand Central		

Performance			Sean		
Monday	6.45 - 7.00am	Pre-Pool	Grand Central		
	7.00 - 9.45am	Pool			
	4.00 - 4.30pm	Pre-pool			
	4.30 - 6.30pm	Pool			
Tuesday	6.45 - 7.45am	Gym	Grand Central		
	7.45 - 9.45am	Pool			
	4.00 - 4.30pm	Pre-pool			
	4.30 - 6.30pm	Pool			
Wednesday	6.45 - 7.00am	Pre-Pool	Grand Central		
	7.00 - 9.45am	Pool			
Thursday	6.45 - 7.00am	Pre-Pool	Grand Central		
	7.00 - 9.45am	Pool			
	4.00 - 4.30pm	Pre-pool			
	4.30 - 6.30pm	Pool			

Friday	6.45 - 7.45am	Gym	Grand Central		
	7.45 - 9.45am	Pool			
	6.00 - 6.30pm	Pre-Pool			
	6.30 - 8.30pm	Pool			
Saturday	6.30 - 7.30am	Gym	Grand Central		
	7.30 - 9.30am	Pool			
Stretching 15 - 30 Mins Post Training					
Squad Meeting 1 per month 5.00 - 6.30pm - Friday's					