

Alterations for November/December

Date	November Squad	Changes
Saturday 26 th	Jo 1	Cancelled
Saturday 26 th	JO 2 Red and Black	Cancelled
Wednesday 30 th November	P1	Pm sessions cancelled
	December	
Thursday 1 st	All squads who train at Ponds Forge	PM training cancelled due to an event
Thursday 1 st - Sunday 4 th	P1	All sessions cancelled competing
Friday 2 nd	National and Jo 1	05.30-07.00
Friday 2 nd	Jo 2 Black and Red	05.30-06.45
Friday 2 nd	All squads who train at Ponds Forge	PM training cancelled due to an event
Saturday 3 rd	National, Jo 1 and Jo2 Red	05.30-07.00 Early finish time due to an event.
Saturday 3 rd	Jo 2 Black	Normal training time
Monday 5 th	P1 and National	AM sessions cancelled
Monday 5 th	P2	Both sessions cancelled
Tuesday 6 th	P2	Both sessions cancelled
Friday 9 th	Jo 1	Am session Cancelled
Friday 9 th	P2	15.30-17.30
Friday 9 th	P1	Cancelled Competing
Friday 9 th	National	TBC competing
Saturday 10 th	P1, National, Jo 1 and Both Jo 2 groups	Cancelled competing
Saturday 10 th	P2	Land work session as normal
Monday 12 th	J01 and Jo D	Am session Cancelled
Monday 12 th	P1	Both sessions cancelled
Monday 12 th	National	AM cancelled, PM TBC
Tuesday 13 th	P1	AM cancelled
Thursday 15 th	P1	Am cancelled

King Edwards is closed Sunday 18th December to Sunday 8th January – So training will re locate to ponds forge during this time

Monday 19 th	Jo D	14.00-16.00 at Ponds
Tuesday 20 th	JO2 Black	14.30-16.00 at Ponds
Wednesday 21 st	Jo 3	15.00-16.00 at Ponds
Thursday 22 nd	Jo 2 Red	14.00-15.30 at Ponds

Please note 24th Dec – Monday 2nd January all squads will train at Ponds forge due to other facilities early closures.

Saturday 24 th	P1 and P2	08.00-10.00
	JOD	08.00-09.30
	National squad	10.00-12.00
	Jo 1	10.00-11.30
	JO 2 Black	11.30-12.30
	JO2 Red	12.30-13.30
	Jo 3	12.00-13.00
25 th /26 th	All squads	Cancelled
Tuesday 27 th	P1	08.00-10.00
	P2	08.00 – 10.00 and 14.00-16.00
	National and Jo 1	10.00-12.00
	JO2 Red and Black	12.00-13.00
	JO3	13.00-14.00
	JOD	13.00-14.30
	P2	14.00-16.00
Wednesday 28 th	P1	08.00-10.00 and 15.30-17.30
	National squad	08.00-10.00 and 15.00-17.00
	P2	10.00-12.00
	JOD	10.00-11.30
	JO1	12.00-14.00
	Jo2 Red	11.30-13.00
	JO2 Black	13.00-14.30
	Masters	Cancelled
Thursday 29 th	P1	08.00-10.00 and 15.30-17.30
	P2	08.00-10.00 and 13.30-15.30
	National	10.00-12.00 and 15.30-17.30
	Jo 1	10.00-11.30
	JO2 Black	11.30-12.30
	JO2 Red	12.30-13.30
	JOD	12.00-14.00
	JO3	14.00-15.00
	Masters	Cancelled
Friday 30 th	P1	08.00-10.00 and 15.30-17.30
	P2	08.00-10.00 and 13.30-15.30
	National	10.00-12.00 and 15.30-17.30
	JO1	10.00-12.00
	JO2 Red and Black	12.00-13.00
	JOD	13.00-15.00
Saturday 31 st	P1 and P2	08.00-10.00
	National	10.00-12.00
	JO1	10.00-11.30

	JO2 Red	11.30-12.30
	JO2 Black	12.30-13.30
	JO3	12.00-13.00
Monday 2 nd	P1	08.00-10.00 and 15.30-17.30
All tBC	P2	08.00-10.00 and 13.30-15.30
	National	10.00-12.00 and 15.30-17.30
	Jo1	10.00 – 12.00
	JOD	08.00-09.30
	Jo 2 Red and Black	12.00-13.00
	Jo3	13.00-14.00
	Masters	14.00-15.00

Please note from Tuesday 3rd January all squads revert back to normal times and normal venues with the exception of squads training at King Edwards which remains closed until the 9th January

Tuesday 3 rd	P1	15.00-.17.00
	Jo 2 Black	17.00-.18.00 at Ponds
Wednesday 4 th	P1	15.00-17.00
	Jo 3	17.00-18.00 at Ponds
Thursday 5 th	P1	13.30-15.30 tbc
	Jo 2 Red	16.00-17.00 tbc at Ponds
Saturday 7 th	Jo 3	TBC have asked for 7.30-8.30am at Ponds Forge