

Alterations for November/December

	November	
Date	Squad	Changes
Friday 18 th	P1	06.30-08.30am
	P2 and Jo 1squad	Normal am training time
	National squad	05.30-07.30
Friday 18 th	Pm training for all squads training at Ponds Forge	Cancelled due to an event
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/Jo 1 and Jo 2	AM training TBC
Friday 2 nd	All squads who train at Ponds Forge	PM training cancelled due to an event
Saturday 3 rd	National/Jo 1 and Jo 2	AM training TBC
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

We are currently working on training times during the Xmas and New Year period. This will hopefully be on the website within the next week – thank you for your patience.