

Summer Training Calendar 2018

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25 th June	Training as usual	Training as usual	Training as usual	Training PM only	Training as usual	Off	Training as usual
2 nd July School holidays start	5.30-7.30pm Performance U1&M&MS	6.30-8.30am Performance U1&U2	5.30-7.30pm Performance U1+U2	6.30-8.30am Performance U1+U2	Training as usual	NSA 10-12pm Performance	Off
	Skills 5.30-6.30pm L&LS 6.30-7.30pm	5.30-7.30pm Performance M&MS&L&LS 5.30-6.30pm		5.30-7.30pm Performance U2&M&MS Skills 5.30-6.30pm L&LS 6.30-7.30pm			
9 th July	5.30-7.30pm Performance U1&M&MS	6.30-8.30am Performance U1&U2	5.30-7.30pm Performance U1+U2	6.30-8.30am Performance U1+U2	Off Scottish Summer Meet	Off Scottish Summer Meet	Off Scottish Summer Meet
	Skills 5.30-6.30pm L&LS 6.30-7.30pm	5.30-7.30pm Performance M&MS&L&LS 5.30-6.30pm		5.30-7.30pm Performance U2&M&MS Skills 5.30-6.30pm L&LS 6.30-7.30pm			
16 July	5.30-7.30pm Performance U1&M&MS	6.30-8.30am Performance U1&U2	5.30-7.30pm Performance U1+U2	6.30-8.30am Performance U1+U2	6.30-8.00am Training as usual	Off	Off
	Skills 5.30-6.30pm L&LS 6.30-7.30pm	5.30-7.30pm Performance M&MS&L&LS 5.30-6.30pm		5.30-7.30pm Performance U2&M&MS Skills 5.30-6.30pm L&LS 6.30-7.30pm			
23 July-12 th Aug	Training resumes on Monday 13 th August.						