

29th Mar - 1st Apr Inclusive

	Fri 29	Sat 30	Mon 1
NY	Sheffield no AM Non Sheffield 5:30-7:00	NT	Late Finish Sheffield no AM Early Finish Sheffield 5:30-7:00
	Non Sheffield 17:00-19:00	NT	16:30-18:30
NA	Sheffield no AM Non Sheffield 5:30-7:00	NT	Late Finish Sheffield no AM Early Finish Sheffield 5:30-7:00
	Non Sheffield 17:00-18:30	NT	16:30-18:00
M	NT	7:00-8:30	5:30-7:00
RY		NT	5:30-7:00
	17:00-19:00	NT	20:15-21:30
RA	5:30-7:00	NT	
	16:30-18:00	NT	19:00-20:15
CY	NT	NT	5:30-7:00
CA	16:30-18:00	NT	NT
JD1&2	NT	7:00-8:30	18:00-19:30
JD 3	19:00-20:00	NT	18:30-19:30
JD 4	19:00-20:00	NT	NT
AA	18:00-19:00	8:30-9:30	NT

Sportspark Hewett Riverside

Please note:

Sat 30th Mar - No Sportspark training - Swans Meet

Land Training on Fri 29th

8th - 13th April Inclusive

	Mon 8	Tue 9	Wed 10	Thu 11	Fri 12	Sat 13
NY	5:30-7:30		5:30-7:30		5:30-7:00	6:30-8:30
	16:30-18:30	17:00-19:00	17:30-19:30	17:00-19:00	17:00-19:00	
NA	5:30-7:00		5:30-7:00		5:30-7:00	6:30-8:00
	16:30-18:00	17:00-19:00*	17:30-19:30	17:00-18:30	17:00-18:30	
M	5:30-7:00	19:00-20:00	5:30-7:00	20:30-21:30		6:30-8:30
RY	5:30-7:00		5:30-7:00			8:30-10:00
	19:30-21:15	NT	20:00-21:30	20:15-21:30	18:30-19:30	
RA	18:00-19:30	19:00-20:00	NT	19:00-20:15	18:00-19:00	8:30-10:00
CY	5:30-7:00	19:00-20:00		20:30-21:30	NT	10:00-11:00
CA	NT	19:00-20:00	19:00-20:00	NT	18:00-19:00	10:00-11:00
JD1&2	18:00-19:30	18:00-19:00	5:30-7:00 JD1	19:30-20:30	NT	07:00-8:30
JD 3	18:30-19:30	NT	NT	18:30-19:30	19:00-20:00	NT
JD 4	18:30-19:30	NT	NT	18:30-19:30	19:00-20:00	NT
AA	NT	Switch > Wed	18:00-19:00	NT	Switch > Sat	8:30-9:30

15th - 20th Apr Inclusive

	Mon 15	Tue 16	Wed 17	Thu 18	Fri 19	Sat 20
NY	5:30-7:00		5:30-7:00		NT	NT
	16:30-18:00	17:00-18:30	17:30-19:00	17:00-18:00	NT	NT
NA	5:30-7:00		5:30-7:00		NT	NT
	16:30-18:00	17:00-18:30*	17:30-19:00	17:00-18:00	NT	NT
M	5:30-7:00	18:30-20:00	5:30-7:00	20:00-21:30	NT	NT
RY	5:30-7:00		5:30-7:00		NT	NT
	19:30-21:15	NT	19:00-20:30	19:00-20:00	NT	NT
RA	18:00-19:30	18:30-20:00	NT	18:00-19:00	NT	NT
CY	5:30-7:00	18:30-20:00		20:00-21:00	NT	NT
CA	NT	18:00-19:30	18:00-19:00	20:00-21:00	NT	NT
JD1&2	18:00-19:30	17:00-18:00	5:30-7:00 JD1	18:00-19:00	NT	NT
JD 3	18:30-19:30	NT	NT	19:00-20:00	NT	NT
JD 4	NT	16:00-17:00	NT	19:00-20:00	NT	NT
AA	NT	16:00-17:00	NT	NT	Switch > Tue	Switch > Tue

Please note:

Fri 19th - Mon 22nd inc - No training for any squad - Easter Meet

Mon 22nd - Day off for everyone

Tue 23rd - Return to normal