

LISTER STREET																			
Monday				Tuesday				Wednesday				Thursday				Friday			
A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D
3pm - 4pm																			
5pm - 6pm																			
6.00pm - 7.30pm				John Training															
7.30pm - 9.00pm				O30				O40				Ladies Team				SM6			
				O30				O40				Ladies Team				SM6			
				O30				O40				Ladies Team				SM6			

U9 Team For additional teams only  
 U10 Team For additional teams only

U5 - U8 train on quarter field = 4 x teams per hour time slot  
 U9 - 10 training on half field = 2 x teams per hour time slot  
 U11 - onwards train on half field = 2 teams per 90 min time slot

CALAMVALE																					
		Monday				Tuesday				Wednesday				Thursday				Friday			
		A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D
3pm - 4pm																					
	4pm - 5pm	U7 B	U6A											U6 C	U6 E			U8 C			
5pm - 6pm		U9 D	U9 D	U9 E	U9 E	U7 B				U10 A	U10 A	U10 B	U10 B	U5 B	U7 D	U9 B	U9 B	U8 A	U8 I		
		U9 D	U9 D	U9 E	U9 E	U7 B				U10 A	U10 A	U10 B	U10 B	U5 B	U7 D	U9 B	U9 B	U8 A	U8 I		
6:00pm - 7:30pm		U12 C	U12 C	U11 E	U11 E	U11 A	U11 A	U11 D	U11 D	U12 A	U12 A			U13 A	U13 A	U13 B	U13 B				
		U12 C	U12 C	U11 E	U11 E	U11 A	U11 A	U11 D	U11 D	U12 A	U12 A			U13 A	U13 A	U13 B	U13 B				
		U12 C	U12 C	U11 E	U11 E	U11 A	U11 A	U11 D	U11 D	U12 A	U12 A			U13 A	U13 A	U13 B	U13 B				
7:30pm - 9:00pm						SM4	SM4	SM6	SM6	SM5	SM5	Senior Team	Senior Team	Senior Team	Senior Team	Senior Team	Senior Team				
						SM4	SM4	SM6	SM6	SM5	SM5	Senior Team	Senior Team	Senior Team	Senior Team	Senior Team	Senior Team				
						SM4	SM4	SM6	SM6	SM5	SM5	Senior Team	Senior Team	Senior Team	Senior Team	Senior Team	Senior Team				