

**ALL YEARS TRAINING (STARTING MONDAY 21st OCTOBER 2024-FINISHES FEB HALF TERM).**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8.00 a.m. Morning.</b>	<p>YR 7 HOCKEY (BC)</p> <p>YR 10 B/BALL (RC)</p> <p>YEAR 9 B/BALL (CB)</p> <p>YEAR 8 RUGBY (BB)</p>	<p>CROSS-COUNTRY (RC)</p> <p>YR 11 B/BALL (BB)</p> <p>YR 7 RUGBY (CB)</p> <p>YR 10/11/12/13 FITNESS ROOM (LG)</p>	<p>YR 7 B/BALL(RC)</p> <p>YR 9 RUGBY (LG)</p> <p>YR 8 HOCKEY (CB)</p>	<p>CROSS-COUNTRY (RC)</p> <p>YR 11/12/13 B/BALL(LG)</p> <p>YR 10/11 HOCKEY (BC)</p> <p>YR 10/11/12/13 FITNESS ROOM (CB)</p>	<p>YR 8 B/BALL (LG/BC)</p> <p>YR 9 HOCKEY (BB)</p> <p>YEAR 10 RUGBY (CB)</p> <p>YEAR 11 RUGBY (RC)</p>
<b>1.00p.m. Lunchtime</b>	<p>YR 11/12/13 B/BALL (BB)</p> <p>YR 7 RUGBY (CB/RC)</p> <p>YR 10/11/12/13 FITNESS ROOM (BC)</p>	<p>YR 7 B/BALL (RC)</p> <p>YR 9 RUGBY (LG)</p> <p>YR 10/11/12/13 FITNESS ROOM (JB)</p> <p>YEAR 8 HOCKEY (CB)</p> <p>CROSS-COUNTRY (BUS BOYS)</p>	<p>YR 10 B/BALL (RC)</p> <p>1<sup>ST</sup> X1/2<sup>ND</sup> X1 FOOTBALL (LG/JB)</p> <p>1<sup>ST</sup> RUGBY (BB/RP)</p>	<p>YR 8 B/BALL (LG)</p> <p>YR 10 RUGBY (CB)</p> <p>YR 11 RUGBY (RC)</p> <p>YEAR 9 HOCKEY (BB)</p> <p>CROSS-COUNTRY (LD) (BUS BOYS)</p>	<p>ALL YRS BREAKTIME B-BALL in Uniform with TRAINERS</p> <p>If been to practice in week</p> <p>YR 9 B/BALL (CB)</p> <p>YEAR 8 RUGBY (BB)</p> <p>YR 7 HOCKEY (RC)</p> <p>YR 10/11/12/13 FITNESS ROOM (LG)</p> <p>GIRLS NETBALL (BB/CW) 1.45-2.25</p>
<b>3.30p.m. After-School.</b>			<p>YR 8/9 BADMINTON (CB)</p> <p>YR 10,11-13 T/TENNIS (RC)</p> <p>YR 10/11/12/13 FITNESS ROOM (BB)</p>		<p>YR 10/11/12/13 BADMINTON (BB/RC)</p> <p>YR 8/9 T/TENNIS (LG)</p> <p>YR 10/11/12/13 FITNESS ROOM (BC)</p>