

ALL YEARS TRAINING. (STARTING TUESDAY 4 SEPTEMBER 2018)

	Monday	Tuesday	Wednesday	Thursday	Friday
8.00 a.m. Morning.	YR 8 B/BALL (ST) YR 10 B/BALL (LG) YR 9 FOOTBALL (BM) YR 11 FOOTBALL (RC)	CROSS-COUNTRY (ST/RC/BM) Yr12/13 B/BALL (TM)	YR 7 B/BALL(ST) YR 8 FOOTBALL(RC) FITNESS ROOM (LG)	CROSS-COUNTRY (ST/RC/BM) Yr12/13 B/BALL (TM)	YR 11 B/BALL (RC) YR 9 B/BALL(BM) YR 10 FOOTBALL (ST) FITNESS ROOM (LG)
1.00p.m. Lunchtime	YR 7 B/BALL (ST) YR 8 FOOTBALL(RC) FITNESS ROOM (BM)	CROSS COUNTRY BUS BOYS (ST/RC) YR 9 B/BALL (BM) YR 7 FOOTBALL (LG)	YR 11 B/BALL (RC) YR 10 FOOTBALL (ST) 1 ST X1 (LG)	CROSS COUNTRY BUS BOYS (RC) YR 8 B/BALL (ST) YR 7 FOOTBALL (LG) FITNESS ROOM (BM)	BREAKTIME BBALL If been to practice in week YR 10 B/BALL(LG) YR 9 FOOTBALL (BM) YR 11 FOOTBALL (RC)
3.30p.m. After-School.	YR 7 B/BALL SQUAD FROM SEPT 24th (ST)	ALL YRS B/BALL SHOOTING	YR 8/9 BADMINTON (BM) YR 10,11-13 T/TENNIS (RC) FITNESS ROOM (ST)	ALL YRS B/BALL SHOOTING	YR 10/11-13 BADMINTON (BM) YR 8/9 T/TENNIS(RC) FITNESS ROOM (ST)