

**Summer Training Times**  
**Week Commencing 14th August**

Squad	Session	Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th	Saturday 19th	Sunday 20th
Beacon & National	AM		Training 6.30 - 8:00am		Training 6.30 - 8:00am		Training 6.30 - 8:00am	
	PM	Training 4 - 6:30pm		Training 4 - 6:30pm		Training 4 - 6:30pm		
Masters/ Further Education	PM	Training 6 - 8am	Training 6 - 8am	Training 6 - 8am	Training 6 - 8am	Training 6 - 8am		
Regional & County	AM			Training 6.30 - 8:00am		Training 6.30 - 8:00am		
	PM	Training 6 - 8pm	Training 4 - 6 pm		Training 4 - 6 pm			
Development 1 & 2	PM	Training 6 - 8pm	Training 6 - 8pm	Training 6 - 8pm	Training 6 - 8pm	Training 6 - 8pm		
Hough End	PM	<b>HOUGH END SQUAD SHUT DOWN - 1 WEEK</b>						
Icebergs	PM	<b>ICEBERGS SQUAD SHUT DOWN - 1 WEEK</b>						
Matt Walker Academy	PM							
MAC Academy	PM	Training - 6pm	5					