



Christmas Training 2011

National Senior Squad

Friday	23 rd	December	2011	Normal Training
Saturday	24 th	December	2011	0700-0900 Pool 0915-1015 Gym
Sunday	25 th	December	2011	Facility Closed
Monday	26 th	December	2011	Facility Closed
Tuesday	27 th	December	2011	Facility Closed
Wednesday	28 th	December	2011	0700-0900 Pool 0915-1015 Gym 1400-1600 Pool
Thursday	29 th	December	2011	0700-0900 Pool 1400-1600 Pool
Friday	30 th	December	2011	0700-0900 Pool 0915-1015 Gym 1400-1600 Pool
Saturday	31 st	December	2011	0700-0900 Pool 0915-10.15 Gym
Sunday	1 st	January	2012	Facility Closed
Monday	2 nd	January	2012	0700-0900 Pool 0915-1015 Gym 1400-1600 Pool
Tuesday	3 rd	January	2012	Normal Training

National Youth Squad

Friday	23 rd	December	2011	Normal Training
Saturday	24 th	December	2011	0700-0900 All
Sunday	25 th	December	2011	Facility Closed
Monday	26 th	December	2011	Facility Closed
Tuesday	27 th	December	2011	Facility Closed
Wednesday	28 th	December	2011	0700-0900 All 1400-1600 All
Thursday	29 th	December	2011	0700-0900 Youth 1400-1600 All
Friday	30 th	December	2011	0700-0900 Youth 1400-1600 All
Saturday	31 st	December	2011	0700-0900 All
Sunday	1 st	January	2012	Facility Closed
Monday	2 nd	January	2012	0700-0900 Yth 1400-1600 Yth
Tuesday	3 rd	January	2012	Normal Training

National Age Group Squad

Friday	23 rd	December	2011	Normal Training
Saturday	24 th	December	2011	OFF
Sunday	25 th	December	2011	Facility Closed
Monday	26 th	December	2011	Facility Closed
Tuesday	27 th	December	2011	Facility Closed
Wednesday	28 th	December	2011	1400-1600
Thursday	29 th	December	2011	0700-0900 1400-1600
Friday	30 th	December	2011	0700-0900 1400-1600
Saturday	31 st	December	2011	OFF
Sunday	1 st	January	2012	Facility Closed
Monday	2 nd	January	2012	0700-0900
Tuesday	3 rd	January	2012	Normal Training

Regional Youth Squad

Friday	23 rd	December	2011	Normal Training
Saturday 24th December – Tuesday 27th December Facility Closed				
Thursday	29 th	December	2011	AM – Cancelled
Thursday	29 th	December	2011	Facility Closed
Friday	30 th	December	2011	Facility Closed
Saturday 31st December– Monday 2nd January 2012 Facility Closed				
Tuesday	3 rd	January	2012	Normal Training

Regional Senior Squad

Friday	23 rd	December	2011	7.00-8.30pm JCCS
Saturday 24th December – Tuesday 27th December Facility Closed				
Wednesday	28 th	December	2011	PM - Facility Closed
Thursday	29 th	December	2011	AM – Cancelled
Thursday	29 th	December	2011	PM- Facility Closed
Friday	31 st	December	2011	PM - Facility Closed
Saturday 31st December– Monday 2nd January 2012 Facility Closed				
Tuesday	3 rd	January	2012	Normal Training

Competition Central Squad

Due to facilities being closed when the Competition Central Squad are due to train, there will be no training between

Friday 23rd December 2011 Normal Training

Saturday 24th December – Monday 2nd January 2012 Facility Closed

Tuesday 3rd January 2012 Normal Training Resumes

Competition East Squad

Due to facilities being closed when the Competition East Squad are due to train, there will be no training between

Friday 23rd December 2011 Normal Training

Saturday 24th December – Tuesday 27th December Facility Closed

Thursday 29th December 2011 Am – Facility Closed

Thursday 29th December 2011 1930-2100 Armley

Friday 30th December 2011 Facility Closed

Saturday 31st December – Monday 2nd January 2012 Facility Closed

Tuesday 3rd January 2012 Normal Training Resumes

Competition West Squad

Due to facilities being closed when the Competition West Squad are due to train, there will be no training between

Saturday 24th December – Monday 2nd January 2012 Facility Closed

Tuesday 3rd January 2012 Normal Training Resume

Development Central Squad

Due to facilities being closed when the Development Central Squad are due to train, there will be no training between

Friday 23rd December 2011 Normal Training

Saturday 24th December – Tuesday 27th December Facility Closed

Thursday 29th December 2011 Facility Closed

Friday 30th December 2011 1830-1930 Armley

Saturday 31st December – Monday 2nd January 2012 Facility Closed

Tuesday 3rd January 2012 Normal Training Resumes

Development East Squad & Development North Squad

Due to facilities being closed when the Development East & North Squad are due to train, there will be no training between

Friday 23rd December 2011 Normal (D North)

Saturday 24th December – Monday 2nd January 2012 Facility Closed

Tuesday 3rd January 2012 Normal Training Resume

Development West Squad

Due to facilities being closed when the Development West Squad are due to train, there will be no training between

Saturday 24th December – Tuesday 27th December Facility Closed

Wednesday 28th December 2011 Cancelled

Thursday 29th December 2011 1830-1930 Armley

Saturday 31st December – Monday 2nd January 2012 Facility Closed

Tuesday 3rd January 2012 Normal Training Resumes