

CJCA WINTER TRAINING PROGRAMME 2020



Squad Name	25th July Saturday	1st August Saturday	8th August Saturday	15th August Saturday	22nd August Saturday	29th August Saturday	5th September Saturday	12th September Saturday	19th September Saturday	26th September Saturday
	1.00pm- 6.00pm	1.00pm- 6.00pm	1.00pm- 6.00pm	1.00pm- 6.00pm	1.00pm- 6.00pm	1.00pm- 6.00pm	1.00pm- 6.00pm	1.00pm- 6.00pm	1.00pm- 6.00pm	1.00pm- 6.00pm
Venue'	Lincoln HPC	Lincoln HPC	Lincoln HPC	Lincoln HPC	Lincoln HPC	Lincoln HPC	Lincoln HPC	Lincoln HPC	Lincoln HPC	Lincoln HPC
Year 8 Black (12)	1630-1800		1630-1800		1630-1800		1630-1800		1630-1800	
Year 8 Red (12)	1630-1800		1630-1800		1630-1800		1630-1800		1630-1800	
Year 8 Blue (12)		1630-1800		1630-1800		1630-1800		1630-1800		1630-1800
Year 8 White (12)		1630-1800		1630-1800		1630-1800		1630-1800		1630-1800
Year 7 Green (12)	1430-1600		1430-1600		1430-1600		1430-1600		1430-1600	
Year 7 Yellow (12)	1430-1600		1430-1600		1430-1600		1430-1600		1430-1600	
Year 7 Black (12)		1430-1600		1430-1600		1430-1600		1430-1600		1430-1600
Year 7 Red (12)		1430-1600		1430-1600		1430-1600		1430-1600		1430-1600
Year 6 Blue (12)	1300-1430		1300-1430		1300-1430		1300-1430		1300-1430	
Year 6 White (12)	1300-1430		1300-1430		1300-1430		1300-1430		1300-1430	
Year 6 Yellow (12)		1300-1430		1300-1430		1300-1430		1300-1430		1300-1430
Year 6 Orange (12)		1300-1430		1300-1430		1300-1430		1300-1430		1300-1430