## CJCA PRE-SEASON TRAINING PROGRAMME 2022



	14th	20th	21st	27th	28th	3rd	4th	10th	11th	17th	18th	24th
	August	August	August	August	August	September	September	September	September	September	September	September
Squad Name	Sunday	Saturday	Sunday	Saturday	Sunday	Saturday	Sunday	Saturday	Sunday	Saturday	Sunday	Saturday
Venue'	Matipo Street	SRH Centre - Hagley	Matipo Street	SRH Centre - Hagley	Matipo Street	SRH Centre - Hagley	Matipo Street	SRH Centre - Hagley	Matipo Street	SRH Centre - Hagley	Matipo Street	SRH Centre - Hagley
Year 6 Blue		2pm -		2pm -		2pm -		2pm -		2pm -		2pm -
(12 in squad)		3.30pm		3.30pm		3.30pm		3.30pm		3.30pm		3.30pm
Year 6 White (12)		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm
Year 6 Yellow (12)	9am - 10.30am		9am - 10.30am		9am - 10.30am		9am - 10.30am		9am - 10.30am		9am - 10.30am	
Year 6 Orange (12)	9am - 10.30am		9am - 10.30am		9am - 10.30am		9am - 10.30am		9am - 10.30am		9am - 10.30am	
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Year 7 Green		3.30pm		3.30pm		3.30pm		3.30pm		3.30pm		3.30pm
(12 in squad)		- 5pm		- 5pm		- 5pm		- 5pm		- 5pm		- 5pm
Year 7 Yellow		3.30pm		3.30pm		3.30pm		3.30pm		3.30pm		3.30pm
(12)		- 5pm		- 5pm		- 5pm		- 5pm		- 5pm		- 5pm
Year 7 Black	10.30am		10.30am		10.30am		10.30am		10.30am		10.30am	
(12)	-12noon		-12noon		-12noon		-12noon		-12noon		-12noon	]
Year 7 Red	10.30am		10.30am		10.30am		10.30am		10.30am		10.30am	
(12)	-12noon		-12noon		-12noon		-12noon		-12noon		-12noon	
v 0.8l l	1	- 00		- 00				5.00		- 00		
Year 8 Black		5.30		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30
(12 in squad) Year 8 Red		- 7pm 5.30		5.30		5.30		5.30		5.30		- 7pm 5.30
(12)		5.30 - 7pm		5.30 - 7pm		- 7pm		- 7pm		5.30 - 7pm		5.30 - 7pm
Year 8 Blue	12.30 -	7 μπ	12.30 -	7 μπ	12.30 -	7 (7) (1)	12.30 -	7 μπ	12.30 -	7 (7)	12.30 -	7 77111
(12)	2pm		2pm		2pm		2pm		2pm		12.30 - 2pm	
Year 8 White	12.30 -		12.30 -		12.30 -		12.30 -		12.30 -		12.30 -	
(12)	2pm		2pm		2pm		2pm		2pm		2pm	