CJCA PRE-SEASON TRAINING PROGRAMME 2022
v2 with blended Y7/8 squad

Squad Name	14th August Sunday	20th August Saturday	21st August Sunday	27th August Saturday	28th August Sunday	3rd September Saturday	4th September Sunday	10th September Saturday	11th September Sunday	17th September Saturday	18th September Sunday	24th September 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 (12 in squad)		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm		2pm - 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	
Year 7 Green (12 in squad)		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm
Year 7 Yellow (12)		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm
Year 7 Black (12)	10.30am -12noon		10.30am -12noon		10.30am -12noon		10.30am -12noon		10.30am -12noon		10.30am -12noon	
Year 7 Red (12)	10.30am -12noon		10.30am -12noon		10.30am -12noon		10.30am -12noon		10.30am -12noon		10.30am -12noon	
Year 7 White (12) NEW	12.30 - 2pm		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm	
Year 8 Black (12 in squad)		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm
Year 8 Red (12)		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm
Year 8 Blue (12)	12.30 - 2pm		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm	
Year 8 White (12) Blended	12.30 - 2pm		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm	