CJCA PRE-SEASON TRAINING PROGRAMME 2023



	13th August	19th August	20th August	26th August	27th August	2nd September	3rd September	9th September	10th September	16th September	17th September	23rd 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		2pm -		2pm -		2pm -		2pm -		2pm -		2pm -
(12)		3.30pm		3.30pm		3.30pm		3.30pm		3.30pm		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	9am -		9am -		9am -		9am -		9am -		9am -	
(12)	10.30am		10.30am		10.30am		10.30am		10.30am		10.30am	
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	
Year 8 Black		5.30		5.30		5.30		5.30		5.30		5.30
(12 in squad)		- 7pm		- 7pm		- 7pm		- 7pm		- 7pm		- 7pm
Year 8 Red		5.30		5.30		5.30		5.30		5.30		5.30
(12)		- 7pm		- 7pm		- 7pm		- 7pm		- 7pm		- 7pm
Year 8 Blue	12.30 -		12.30 -		12.30 -		12.30 -		12.30 -		12.30 -	
(12)	2pm		2pm		2pm		2pm		2pm		2pm	
Year 8 White	12.30 -		12.30 -		12.30 -		12.30 -		12.30 -		12.30 -	
(12)	2pm		2pm		2pm		2pm		2pm		2pm	