CJCA PRE-SEASON TRAINING PROGRAMME 2024

Squad Name	17th August Saturday	18th August Sunday	24th August Saturday	25th August Sunday	31st August Sunday	1st September Sunday	7th September Saturday	8th September Sunday	14th September Saturday	15th September Sunday	21st September Saturday	22nd September Sunday
Venue'	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	Matipo Street
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 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)		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm		12.30 - 2pm