

WHERE AND WHEN WE TRAIN

Our current Training Times are as follows:

NATIONAL SQUAD

Coach Greg Clarke.

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|-------------------|-------------------|---------------------|
| MONDAY EVENING | HOLDEN LANE HS | 7.30pm Until 9.00pm |
| TUESDAY MORNING | FENTON MANOR | 5.30am Until 7.15am |
| WEDNESDAY MORNING | FENTON MANOR | 5.30am Until 7.15am |
| WEDNESDAY EVENING | FENTON MANOR | 4.30pm Until 6.30pm |
| THURSDAY EVENING | JAMES BRINDLEY HS | 6.00pm Until 7.30pm |
| FRIDAY MORNING | FENTON MANOR | 5.30am Until 7.15am |
| FRIDAY EVENING | FENTON MANOR | 4.30pm Until 6.30pm |
| SATURDAY MORNING | FENTON MANOR | 5.30am Until 7.00am |

LAND TRAINING

Coaches Kevin Birks & Greg Clarke

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|------------------|--------------|---------------------|
| TUESDAY EVENING | FENTON MANOR | 5.30pm Until 6.30pm |
| SATURDAY MORNING | FENTON MANOR | 7.15am Until 8.00am |

REGIONAL SQUAD

Coach Dan Ralph

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|-------------------|----------------|---------------------|
| TUESDAY EVENING | HOLDEN LANE HS | 6.00pm Until 8.00pm |
| WEDNESDAY MORNING | FENTON MANOR | 5.30am Until 7.00am |
| THURSDAY EVENING | HOLDEN LANE HS | 7.00pm Until 9.00pm |
| FRIDAY MORNING | FENTON MANOR | 5.30am Until 7.00am |
| FRIDAY EVENING | FENTON MANOR | 6.00pm Until 8.00pm |
| SATURDAY MORNING | FENTON MANOR | 6.00am Until 7.30am |

LAND TRAINING

Coaches Kevin Birks & Greg Clarke

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| SATURDAY MORNING | FENTON MANOR | 7.45am Until 8.30am |
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COUNTY

Coach Paula Clayton

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|-------------------|----------------|---------------------|
| MONDAY EVENING | FENTON MANOR | 5.50pm Until 7.20pm |
| TUESDAY MORNING | FENTON MANOR | 5.30am Until 7.00am |
| WEDNESDAY EVENING | HOLDEN LANE HS | 6.00pm Until 7.30pm |
| FRIDAY EVENING | FENTON MANOR | 6.30pm Until 8.00pm |
| SATURDAY MORNING | FENTON MANOR | 6.30am Until 8.00am |

JUNIOR

Coach Janet Slack/Hannah Smith

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|-------------------|----------------|---------------------|
| MONDAY EVENING | FENTON MANOR | 4.50pm Until 5.50pm |
| WEDNESDAY EVENING | HOLDEN LANE HS | 5.00pm Until 6.00pm |
| FRIDAY EVENING | FENTON MANOR | 4.30pm Until 6.00pm |
| SATURDAY MORNING | FENTON MANOR | 7.00am Until 8.00am |

INTRO

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|-----------------|----------------|---------------------|
| TUESDAY EVENING | HOLDEN LANE HS | 5.00pm Until 6.00pm |
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DEVELOPMENT

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| FRIDAY EVENING | FENTON MANOR (1) | 4.45pm Until 5.30pm |
| | (2) | 5.30pm Until 6.15pm |

SENIOR TRAINING

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|----------------|--------------|---------------------|
| FRIDAY EVENING | FENTON MANOR | 8.10pm Until 9.10pm |
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