

2022/23 Week night Training Timetable		
Day	Age Group	Time
Monday	Mixed U8 Game Time	18:00 - 19:00
	Girls U10	18:00 - 19:30
	Girls U10 GKs	18:00 - 19:30
Tuesday	Boys U14	18:00 - 19:30
	Boys U16	18:00 - 19:30
Wednesday	Girls U16	18:00 - 19:30
	Boys & Girls U18	18:00 - 19:30
	Goal Keeper Academy U12,14,16,18	19:00 - 20:30
Thursday	Girls U14	18:00 - 19:30
Friday	Mixed U8 Game Time	17:30 - 18:30
	Boys U10	18:00 - 19:25
	Boys U10 GKs	18:00 - 19:25
	Boys U12	18:00 - 19:25
	Girls U12	19:40 - 21.10
2022/23 Sunday Timetable		
Age Group	Time	Warm up / Team Talk
Mixed U8	08:30 - 09:30	08:10 - 08:30
BU10 Game Time	08:30 - 09:45	08:10 - 08:30
GU10 Game Time	09:45 - 11:00	09:15 - 09:45
GU12 Game Time (Yellow)	11:00 - 12:30	10:30 - 11:00
GU12 Game Time (Red)	12:30 - 14:00	12:00 - 12:30