



End of season changes to training 24th July to 6th August 2017

Day	Time	Squad	Venue	Lane Space	Coach	Pool / Land
Monday 24th July	6:00 - 7:30	NPA / NPK / NPD (Not travelling to Sheffield) RPY / RPA	Oxford High	6	KF / ZL	Pool
	17:00 - 18:30	CDAG / CD / CDY	Leys	4	FW	Pool
	18:30 - 20:00	RPY / NPD / NPK / NPA	Leys	4	FW	Pool
	20.00 — 21:30	Masters	Leys	4	Zichen to set session	Pool
	18:45 - 21:00	Cancelled	OH	6		
Tuesday 25th July	6:00- 7:30	NPA / NPK / CDY / CDAB / CD /	Leys	4	LB or LO?	Pool
	17:00 - 18:00	CDF	Leys	FUSION		Pool
	18.30 - 20.30	Cancelled	Leys	4		
	18:00 - 19:30	RPA / Ac2 / Ac3	Oxford High	6	FW / LB	Pool
	19:30 - 21:00	RPY / CDY / Ac1	Oxford High	6	FW / LB	Pool
Wednesday 26th July	6:00 - 7:30	NPA / NPK / NPD / RPY / RPA	Oxford High	6	FW / LB	Pool
	5:30 - 7:30	Cancelled	Leys	4		
	17:00 - 18:00	Ac4	Leys	2	LB	Pool
	17:00 - 18:30	RPA	Leys	2	FW	Pool
	18:00 - 19:00	Ac2 / RSG	Leys	4	LB / LO	Pool
	19:00 - 20:00	RSB	Leys		LB / LO	Small Pool
	18:30 - 20:00	NPK / NPA / NPD	Leys	2	FW	Pool

	19:00 — 20.30	Masters / CDY	Leys	6	ZL	Pool
	20:00 - 21:30	Cancelled	OH	6		
Thursday 27th July	6:00- 7:30	Cancelled	Leys	4		POOL
	16:30 - 17:30	CDF	Leys	FUSION		Pool
	18:30 - 20:00	NPA / NPK / NPD	Barton	4	LO	Pool
	18:45 - 20:30	CDAB / Ac1 / Ac2 / CDAG	Ferry	6	GC / LB	Pool
	18:45 - 20:30	RPY / CDY / NPD / Masters	Oxford High	6	ZL / FW	Pool
	20:30-22:00	Cancelled	Oxford High	6		Pool
Friday 28th July	6:00 - 7:30	NPA / NPK / NPD / RPY / RPA	Oxford High	6	LB / ZL	Pool
	5:30 - 7:30	Cancelled	Leys	4		Pool
	17:00 - 18:30	CDY / NPD / RPA / NPA / NPK / RPY	Leys	6	ZL / LO	Pool
	18:30 - 20:00	CDAG / CDAB / CD	Leys	4	ZL / LO	Pool
	18:00 - 19:30	AC3 / AC1	Oxford High	6	LB / GC	Pool
	19.30 - 21:00	AC4 / RSG / RSB / RSS	Oxford High	6	LB / GC	Pool
Saturday 29th July	6.30 — 8.30	Cancelled	Leys	4		POOL
	7:30 - 9:00	Masters	Headington	5	ZL	Pool
	9:00 - 10:30	Fun session All Academy / CDAG / CDAB / CD / RPA	Headington	5	LB / ZL	Pool
	10:30 - 11:30	Rising Stars	Headington	5	LB / ZL	Pool
	11:30 - 13:00	Lessons	Headington	5	LB / ZL	Pool

Sunday 30th July	8:00 — 9:00	CDF	Leys	FUSION		Pool
	16:00 - 17:30	NPA / NPK / NPD / RPA	Leys	6	ZL	Pool
	17:30 — 19:00	RPY / CDY / Masters	Leys	6	ZL	Pool
	15:00 - 16:00	Ac4 / RSG / RSS	Oxford High	6	LB / LO	Pool
	16:00 - 17:30	CDAB / Ac1 / Ac2	Oxford High	6	LB / LO	Pool
	17:30 - 19:00	CDAG / AC3 / CD	Oxford High	6	LB / LO	Pool
	19:00 - 20:30	Cancelled	Oxford High	6		Pool
Monday 31st July						
	5:30 - 7:30	Cancelled	Oxford High	6		Pool
	5:30 - 7:30	Cancelled	Leys	4		Pool
	17:00 - 18:30	CDAG / CD / CDAB	Leys	4	FW	Pool
	18:30 - 20:00	RPY / CDY / NPD / NPK / NPA / RPA	Leys	4	FW	Pool
	20.00 — 21:30	Masters	Leys	4	Zichen to set session	Pool
	18:45 - 21:00	Cancelled	Oxford High	6		Pool
Tuesday 1st August						
	6:00- 7:30	Cancelled	Leys	4		Pool
	17:00 - 18:00	CDF	Leys	FUSION	FW	Pool
	18:30 - 22:00	Cancelled	Leys	4		Pool
	18:00 - 19:30	RPA / Ac2 / Ac3	Oxford High	6	FW / LB	Pool
19:30 - 21:00	RPY / CDY / Ac1 / NPA / NPD / NPK	Oxford High	6	FW / LB	Pool	
Wednesday 2nd August						
	5:30 - 7:30	Cancelled	OH	6		Pool
	5:30 - 7:30	Cancelled	Leys	4		Pool
	17:00 - 18:00	Ac4	Leys	2	LB	Pool
	17:00 — 18:30	RPA	Leys	2	FW	Pool
18:00 - 19:00	Ac2 / RSG	Leys	4	LB / LO	Pool	

	19:00 - 20:00	RSB	Leys		LB / LO	Small Pool
	18.:30 — 20:00	NPK / NPA / NPD / RPY	Leys	2	FW / IK	Pool
	19:00 — 20:30	MASTERS / CDY	LEYS	6	FW / IK	POOL
	20:00 - 21:30	Cancelled	OH	6		
Thursday 3rd August	6:00- 7:30	Cancelled	Leys	4		Pool
	16:30 - 17:30	CDF	Leys	FUSION		Pool
	18:30 - 20:30	Cancelled	Barton	4		Pool
	18:45 - 20:30	CDAB / CDAG / AC1 / AC2	Ferry	6	LB	Pool
	18:45 - 20:30	RPY / CDY / MASTERS / NPA / NPD / NPK	Oxford High	6	FW / LO	Pool
	20:30-22:00	Cancelled	Oxford High	6		Pool
Friday 4th August	5:30 - 7:30	Cancelled	Oxford High	6		Pool
	5:30 - 7:30	Cancelled	Leys	4		Pool
	17:00 - 18:30	CDAB / NPD / RPA / NPA / NPK / CDAG / RPY / CDY	Leys	6	LO	Pool
	18:30 - 20:30	Cancelled	Leys	6		Pool
	18:00 - 19:30	AC1 / Ac3	Oxford High	6	FW / LB	Pool
	19.30 - 21:00	AC4 / RSG / RSB / RSS	Oxford High	6	FW / LB	Pool
Saturday 5th August	6.30 — 8.00	Masters	Leys	4	(session provided by ZL)	Pool
	7:30 - 9:00	Cancelled	Headington	5		Pool
	9:00 - 10:30	Cancelled	Headington	5		Pool
	10:30 - 11:30	Cancelled	Headington	5		Pool

	11:30 - 13:00	Cancelled	Headington	5		Pool
Sunday 6th August						
	8:00 — 9:00	CDF	Leys	FUSION		Pool
	16:00 — 17:00	AC4 / RSG / RSB / RSS	Leys	6	LB / FW	Pool
	17:00 -18:30	CDAB / CDAG / AC1 / AC2 / AC3 / CD	Leys	6	LB / FW	Pool
	18:30 - 20:00	RPY / CDY / NPA / NPK / NPA / Masters	Leys	6	FW / LB	Pool
	15:00 - 20:30	Cancelled	OH	6		

Return to training Tuesday 29th August – happy holidays everyone!