



Training Changes – March 2017

Changes due to Tiger Bay Meet: 18th - 19th March

Friday 17th March	5:30 - 7:30	NPK / NPD / RPY / RPA	Oxford High	6	KF/FW	Pool
	5:30 - 7:30	NPA	Leys	4	AB	Pool
	17:00 - 18:00	CDAG / CDAB / CD / CDY/ RPY/ RPA Those attending Tiger Bay	Leys	6	GC / KF	Pool
	17:30 -18:00	NPA / NPK / NPD	Leys		KF / AB	Land
	18:00 – 20:30	NPK / NPA / NPD	Leys		KF / AB	Pool
	18:00 - 19:00 18:00-19:30	Ac4/ Ac3/Ac1 Those doing Tiger Bay Those NOT doing Tiger Bay	Oxford High	6	LO/LB	Pool
	18:30 - 19:00 19:00 - 21:00	RPA /CDY /RPY / CDAG / CDAB / Ac1 (those not competing at Tiger Bay)	Oxford High	6	LB/ LO	Land Pool
Saturday 18th March	6.30 - 8.00	Masters	Leys	2	(session provided by ZL)	Pool
	7:30 - 9:00	CDAB / CDAG / Ac2 / Ac3 Not attending Tiger Bay	Headington	4 1	LB / FW	Pool
	9:00 - 10:30	Ac1/ CD / Ac4 Not attending Tiger Bay	Headington	5	LB / FW	Pool
	10:30 - 11:30	Rising Stars	Headington	5	LB / FW	Pool
	11:30 - 13:00	Lessons	Headington	5	LB / FW	Pool
Sunday 19th March	8:00 – 9:00	CDF	Leys	FUSION		Pool
	17:30 - 18:00	NPD/ NPK/NPA	Leys		AB/FW	Land
	18:00 - 20:00	NPD/ NPK/NPA	Leys	6	AB/FW	Pool
	15:00 - 16:00	Ac4/ RSG / RSS	Oxford High	6	LB/LO	Pool
	16:00 - 16:30	Ac4	Oxford High		LO	Land
	16:00 - 17:30	CDAB / CDAG Ac1/ Ac2 / Ac3 Not attending TB	Oxford High	6	LO/ LB	Pool
	17:30 - 19:00	RPY / CDY / RPA / CD Not attending TB	Oxford High	6	LB/LO	Pool
	19:00 - 20:30	Masters	Oxford High	6	ZL (set session)	Pool

Changes due to the Sheffield Premier Meet 24-26th March

Friday 24th March	5:30 - 7:30	NPK / NPD / RPY / RPA	Oxford High	6	ZL / FW	Pool
	5:30 - 7:30	NPA	Leys	4	AB	Pool
	17:00 - 18:00	CDY / RPA / CDAG / CDAB / RPY doing Sheffield	Leys	6	ZL / FW	Pool
	17:30 -18:00 18:00 -19:00	NPA / NPK / NPD doing Sheffield	Leys		AB	Land Pool
	17:30 – 18:00 18:00 - 20:00	NPK / NPA / NPD not doing Sheffield	Leys		ZL / AB	Land Pool
	18:00 - 19:30 19:00 - 20:00	CDAB not doing Sheffield	Oxford High	6	GC /LB	Pool Land
	18:00 - 19:30	Ac4/ Ac3 / CDAG not doing Sheffield	Oxford High	6	GC / LB	Pool
	18:30 - 19:00 19:30 - 21:00	RPA / Ac1 / RPY / CD / CDY not doing Sheffield	Oxford High	6	LB / LO	Land Pool
Saturday 25th March	6.30 - 8.00	Masters	Leys	2	(session provided by ZL)	Pool
	7:30 - 9:00	CDAB/ CDAG / Ac2 / Ac3 not at Sheffield	Headington	4	LB + 1/2 Volunteer coaches	Pool
	9:00 - 10:30	Ac1/ CD/ Ac4	Headington	5	LB / FW	Pool
	10:30 - 11:30	Rising Stars	Headington	5	LB/ FW	Pool
	11:30 - 13:00	Lessons	Headington	5	LB/ FW	Pool
Sunday 26th March	8:00 - 9:00	CDF	Leys	FUSION		Pool
	17:30 - 18:00	NPD / NPK / NPA / RPY / CDY not at Sheffield	Leys		AB	Land
	18:00 - 20:00	NPD/ NPK / NPA / CDY / RPY not at Sheffield	Leys	6	AB	Pool
	15:00 - 16:00	Ac4 / RSG/ RSS	Oxford High	6	LB / FW	Pool
	16:00 - 16:30	Ac4	Oxford High		FW	Land
	16:00 - 17:30	Ac1 / Ac2/ Ac3	Oxford High	6	FW / LB	Pool
	17:30 - 19:00	RPA / CD / CDAG / CDAB not at Sheffield	Oxford High	6	LB / GC	Pool
	19:00 - 20:30	Masters	Oxford High	6	ZL (set session)	Pool
Monday 27th March	5:30 - 7:30	NPA / NPK / NPD / RPY / RPA / not doing Sheffield	Oxford High	6	AB	Pool

NOTE: NO MORNING TRAINING AT LEYS