

## WHERE AND WHEN WE TRAIN

Our current Training Times are as follows:

### PERFORMANCE YOUTH SQUAD

*Coach Greg Clarke.*

TUESDAY MORNING	FENTON MANOR	5.30am Until 7.00am
TUESDAY EVENING	N.U.L SCHOOL	7.45pm Until 9.30pm
WEDNESDAY EVENING	NEW HORIZONS	6.00pm Until 8.00pm
THURSDAY MORNING	FENTON MANOR	5.30am Until 7.00am
THURSDAY EVENING	NEW HORIZONS	6.00pm Until 8.00pm
FRIDAY MORNING	FENTON MANOR	5.30am Until 7.00am
FRIDAY EVENING	FENTON MANOR	6.00pm Until 8.00pm
SATURDAY MORNING	FENTON MANOR	5.30am Until 7.00am

### LAND TRAINING

*Coach Rob Lofthouse*

SATURDAY MORNING	FENTON MANOR	7.15am Until 8.00am
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### PERFORMANCE AGE GROUP SQUAD

*Coach Greg Clarke*

SUNDAY EVENING	N.U.L.SCHOOL	5.30pm Until 7.00pm
TUESDAY MORNING	FENTON MANOR	5.30am Until 7.00am
WEDNESDAY EVENING	NEW HORIZONS	6.00pm Until 8.00pm
THURSDAY MORNING	FENTON MANOR	5.30am Until 7.00am
THURSDAY EVENING	NEW HORIZONS	6.00pm Until 8.00pm
FRIDAY MORNING	FENTON MANOR	5.30am Until 7.00am
FRIDAY EVENING	FENTON MANOR	6.00pm Until 8.00pm
SATURDAY MORNING	FENTON MANOR	5.30am Until 7.00am

### LAND TRAINING

*Coach Rob Lofthouse*

SATURDAY MORNING	FENTON MANOR	7.15am Until 8.00am
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### CLUB SQUAD

*Coach Matt Lockett*

TUESDAY EVENING	FENTON MANOR	8.15pm Until 9.45pm
WEDNESDAY EVENING	NEW HORIZONS	8.00pm Until 9.30pm
THURSDAY MORNING	FENTON MANOR	5.30am Until 7.00 am
THURSDAY EVENING	FENTON MANOR	8.00pm Until 9.30pm
FRIDAY MORNING	FENTON MANOR	5.30am Until 7.00am

### LAND TRAINING

*Coach Rob Lofthouse*

SATURDAY MORNING	FENTON MANOR	7.15am Until 8.00am
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### COUNTY

*Coach Dan Ralph*

MONDAY EVENING	FENTON MANOR	5.50pm Until 7.20pm
WEDNESDAY MORNING	FENTON MANOR	5.30am Until 7.00am
WEDNESDAY EVENING	FENTON MANOR	5.30pm Until 7.00pm
FRIDAY EVENING	FENTON MANOR	4.30pm Until 6.00pm
SATURDAY MORNING	FENTON MANOR	6.30am Until 8.00am

### LAND TRAINING

*Coach Rob Lofthouse*  
SATURDAY MORNING FENTON MANOR 8.15am Until 9.00am

## **COUNTY PLUS**

All County Sessions + Sunday Evening with Performance Age Group Squad

## **JUNIOR**

*Coach Dan Ralph*  
MONDAY EVENING FENTON MANOR 4.50pm Until 5.50pm  
WEDNESDAY EVENING FENTON MANOR 4.30pm Until 5.30pm  
FRIDAY EVENING FENTON MANOR 4.30pm Until 6.00pm  
SATURDAY MORNING FENTON MANOR 7.00am Until 8.00am

### **LAND TRAINING**

*Coach Rob Lofthouse*  
SATURDAY MORNING FENTON MANOR 8.15am Until 9.00am

## **INTRO**

TUESDAY EVENING NEW HORIZONS 5.30pm Until 6.30pm  
+ a Junior Session to be agreed with Junior Coach

## **DEVELOPMENT 2**

TUESDAY EVENING NEW HORIZONS 5.30pm Until 6.30pm  
FRIDAY EVENING FENTONMANOR 5.30pm Until 6.15pm

## **DEVELOPMENT 1**

FRIDAY EVENING FENTONMANOR 4.45pm Until 5.30pm

## **MASTERS TRAINING**

THURSDAY MORNING FENTON MANOR 5.30am Until 7.00am  
FRIDAY MORNING FENTON MANOR 5.30am Until 7.00a.m  
FRIDAY EVENING FENTON MANOR 8.10pm Until 9.10pm  
**Land Training**  
*Coach Rob Lofthouse*  
Saturday Morning Fenton Manor 7.15am Until 8am