Target: 36-40 hours

TRAINING SCHEDULE 2018-19: SOUTHEAST REGION (GIRLS)

Training schedules are <u>subject to change</u> and could be affected by weather, field availability or other factors. Training hours may occur during holidays.

2018	Date	Time	T2T/T2C	Venue	Notes
Sunday	16 500	5-7pm	T2T U15	Tamanauda Com	TRIAL & Fitnes
Sunday	16-Sep	7-9pm	T2C U18	Tamanawis, Surrey	Test #1
				I	1
				Tami Sec. School	
		6-7pm	T2C U18	Library	Athlete Intake
Sunday	14-Oct	7-9pm		Tami1	
Sunday	21-Oct	7-9pm	T2C U18	Tami1	
				Tami Sec. School	
		4-5pm	T2T U15	Cafeteria	Athlete Intake
Sunday	28-Oct	5-7pm		Tami1	
Sunday	4-Nov	5-7pm	T2T U15	Tami1	
Fri-	Sun November	9-11	N	o training	
Friday	16-Nov	730-930pm	T2C U18	Tami1	
Sunday		5-7pm	T2T U15	Tami1	
	18-Nov	7-9pm	T2C U18	Tami1	
Friday	23-Nov			o training	rest
	23 .101	8-12pm	T2T U15		
Saturday	24-Nov	12-4pm	T2C U18	Richmond Oval	Fitness Test #2
Sunday	25-Nov	7-9pm	T2C U18	Tami1	
Friday	30-Nov	730-930pm	T2C U18	Tami1	
iiiday	30 1100	5-7pm	T2T U15	Tami1	
Sunday	2-Dec	7-9pm	T2C U18	Tami1	
		· ·	T2C U18	+	
Friday	7-Dec	730-930pm		Tami1	
Complete o	0.0	5-7pm	T2T U15	Tami1	
Sunday	9-Dec	7-9pm	T2C U18	Tami1	
Friday	14-Dec	730-930pm	T2T U15	Tami1	
2019	Date	Time	T2T/T2C	Venue	Notes
Friday	11-Jan	730-930pm	T2C U18	Tami 1	
		5-7pm	T2T U15	Tami 1	Fitness Test #3
Sunday	13-Jan	7-9pm	T2C U18	Tami 1	
Friday	18-Jan	730-930pm	T2C U18	Tami 1	
		5-7pm	T2T U15	Tami 1	
Sunday	20-Jan	7-9pm	T2C U18	Tami 1	
Sunday Friday	20-Jan 25-Jan	7-9pm 730-930pm	T2C U18 T2C U18	Tami 1 Tami 1	
Friday	25-Jan	· ·			
•	1	730-930pm	T2C U18	Tami 1	
Friday	25-Jan	730-930pm 5-7pm	T2C U18 T2T U15	Tami 1 Tami 1	
Friday Sunday Friday	25-Jan 27-Jan 1-Feb	730-930pm 5-7pm 7-9pm	T2C U18 T2T U15 T2C U18	Tami 1 Tami 1 Tami 1	Eitnoss Tost #
Friday Sunday	25-Jan 27-Jan	730-930pm 5-7pm 7-9pm 730-930pm	T2C U18 T2T U15 T2C U18 T2C U18	Tami 1 Tami 1 Tami 1 Tami 1	- Fitness Test #4
Friday Sunday Friday	25-Jan 27-Jan 1-Feb	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm	T2C U18 T2T U15 T2C U18 T2C U18 T2C U18	Tami 1 Tami 1 Tami 1 Tami 1 Tami 1 Tami 1	- Fitness Test #4
Friday Sunday Friday Sunday Friday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm	T2C U18 T2T U15 T2C U18 T2C U18 T2C U15 T2C U18	Tami 1	Fitness Test #4
Friday Sunday Friday Sunday	25-Jan 27-Jan 1-Feb 3-Feb	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 730-930pm	T2C U18 T2T U15 T2C U18 T2C U18 T2C U18 T2T U15 T2C U18 T2C U18	Tami 1	Fitness Test #4
Friday Sunday Friday Sunday Friday Sunday Sunday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm	T2C U18 T2T U15 T2C U18 T2C U18 T2C U15 T2C U18 T2T U15 T2C U18 T2C U18 T2T U15	Tami 1	Fitness Test #4
Friday Sunday Friday Sunday Friday Sunday Friday Friday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 7-9pm 7-9pm 80 Training	T2C U18 T2T U15 T2C U18 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2C U18 T2C U18 T2C U18 T2T U15 T2C U18	Tami 1	Fitness Test #4
Friday Sunday Friday Sunday Friday Sunday Friday Friday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb 22-Feb	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 7-9pm To Training 730-930pm	T2C U18 T2T U15 T2C U18 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2C U18 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18	Tami 1	Fitness Test #4
Friday Sunday Friday Sunday Friday Sunday Friday Friday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 7-9pm 80 Training 730-930pm 5-7pm	T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18	Tami 1	Fitness Test #4
Friday Sunday Friday Sunday Friday Sunday Fri-Sun Foreitay Sunday Sunday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb 20-Feb 24-Feb	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 00 Training 730-930pm 5-7pm 7-9pm 7-9pm 7-9pm	T2C U18 T2T U15 T2C U18 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2T U15 T2C U18 T2T U15 T2C U18	Tami 1	Fitness Test #4
Friday Sunday Friday Sunday Friday Sunday Fri-Sun Foreitay Sunday Friday Friday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb 22-Feb 24-Feb 1-Mar	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 730-930pm 5-7pm 7-9pm 7-9pm to Training 730-930pm 5-7pm 7-9pm 7-9pm 730-930pm 7-9pm 7-9pm	T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15	Tami 1	Fitness Test #4
Friday Sunday Friday Sunday Friday Sunday Fri-Sun Foreiday Sunday Friday Sunday Sunday Friday Sunday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb 22-Feb 24-Feb 1-Mar 3-Mar	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 00 Training 730-930pm 5-7pm 7-9pm 7-9pm 7-9pm	T2C U18 T2T U15 T2C U18 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2T U15 T2C U18 T2T U15 T2C U18	Tami 1	Fitness Test #4
Friday Sunday Friday Sunday Friday Sunday Fri-Sun Foreitay Sunday Friday Friday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb 22-Feb 24-Feb 1-Mar	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 00 Training 730-930pm 5-7pm 7-9pm 730-930pm 7-9pm 730-930pm	T2C U18 T2T U15 T2C U18 T2C U18 T2T U15 T2C U18 T2C U18 T2C U18 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2T U15 T2T U15 T2C U18 T2T U15	Tami 1	Fitness Test #4
Friday Sunday Friday Sunday Friday Sunday Fri-Sun Foreitay Sunday Friday Sunday Friday Friday Sunday Friday Friday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb 22-Feb 24-Feb 1-Mar 3-Mar 8-Mar	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 730-930pm 5-7pm 7-9pm 7-9pm 730-930pm 5-7pm 7-9pm	T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2T U15 T2T U15 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15	Tami 1	
Friday Sunday Friday Sunday Friday Sunday Fri-Sun Foreiday Sunday Friday Sunday Sunday Friday Sunday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb 22-Feb 24-Feb 1-Mar 3-Mar	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 7-9pm 75-9pm 75-9pm 75-9pm 75-9pm	T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2T U15 T2T U15 T2T U15 T2C U18 T2T U15 T2C U18 T2C U18 T2C U18 T2C U18 T2C U18 T2C U18 T2T U15	Tami 1	Team 1
Friday Sunday Friday Sunday Friday Sunday Fri-Sun Foreitay Sunday Friday Sunday Friday Friday Sunday Friday Friday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb 22-Feb 24-Feb 1-Mar 3-Mar 8-Mar	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 730-930pm 5-7pm 7-9pm 7-9pm 730-930pm 5-7pm 7-9pm	T2C U18 T2T U15 T2C U18 T2C U18 T2T U15 T2C U18 T2C U18 T2C U18 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2T U15 T2C U18 T2T U15 T2C U18	Tami 1	Team 1 Team 2
Friday Sunday Friday Sunday Friday Sunday Fri-Sun Foreitay Sunday Friday Sunday Friday Friday Sunday Friday Friday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb 22-Feb 24-Feb 1-Mar 3-Mar 8-Mar	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 7-9pm 75-9pm 75-9pm 75-9pm 75-9pm	T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2C U18 T2C U18 T2C U18 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2T U15 T2C U18 T2T U15 T2C U18	Tami 1	Team 1 Team 2 Team 1
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Friday Sunday Friday Sunday Friday Sunday Fri-Sun Foreitay Sunday Friday Sunday Friday Sunday Friday Sunday Friday Friday Friday Friday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb 22-Feb 24-Feb 1-Mar 3-Mar 8-Mar 10-Mar	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm	T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18	Tami 1 Tami 2 Tami 1	Team 1 Team 2 Team 1 Team 2 Team 1 Team 2 Team 1
Friday Sunday Friday Sunday Friday Sunday Fri-Sun Fore Friday Sunday Friday Sunday Friday Sunday Friday Sunday Friday Sunday Friday Sunday	25-Jan 27-Jan 1-Feb 3-Feb 8-Feb 10-Feb 22-Feb 24-Feb 1-Mar 3-Mar 8-Mar	730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 730-930pm 5-7pm 7-9pm 730-930pm 5-7pm 7-9pm 730-930pm 7-9pm	T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2C U18 T2C U18 T2C U18 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18 T2T U15 T2C U18	Tami 1 Tami 2 Tami 1 Tami 2	Team 1 Team 2 Team 1 Team 2