

2016 Pre Season Training Programme

	Pre Season	Time	Pre Season July – August	Sept – March
Academy*	Monday Sch Yr 7-11	7 – 8pm	Until 22 nd August	Registration 11 th Sept Sunday 11 – 12.30pm Monday 6.30 – 8pm Final groups tbc
Men	Tuesday Club training 1/2/3's	8 – 9pm 8 -10pm	Warm up 15 mins before all session	Tuesday Club training 7.00 - 8.00pm
	Saturday 1/2/3's	12 – 2pm	Friendly matches from 20th August	1/2/3's Squads 8.00 - 10.00pm
Women	Wednesday	*7- 8.30pm	Cheshire Lge Players *Warm up 6.45pm 7.30pm session is for North / Investec squad players – coaches will invite players to this session. Coaches will regularly review & adjust squads.	Wednesday 7.00 – 8.30pm (6.45 warm up) Cheshire Lge Squads
		7.30–10pm		7.30 – 10.00pm North / Investec Squads
	Saturday	10 – 12noon	All Players - Warm up 9.45am	
Fitness*	Tuesday	7– 8pm	Until 2 nd August	
Back to Hockey*	Tuesday	8 – 9pm	Until 19 th July	To be confirmed

*£3 per session