

2023/24 JUNIORS WEEKNIGHT TRAINING TIMETABLE		
DAY	AGE GROUP	TIME
Monday	Mixed U8	18:00 - 19:00
	Girls U10	18:00 - 19:30
	Girls U10 Goal Keepers	18:00 - 19:30
	Mixed U12 Extra Training*	18:00 - 19:30
	Mixed U14 Performance (2nd session)*	U14 See Top Hockey Timetable
	* additional fee applies	
Tuesday	Boys U16	18:00 - 19:30
	Girls U16 (Pioneers, Explorers, Calypsos, Voyagers)	18:00 - 19:30
Wednesday	Boys U14	18:00 - 19:30
	Girls U16 (Rangers & Rovers)	18:00 - 19:30
	Girls & Boys U18	18:00 - 19:30
	Junior Goal Keepers U12 - U18	19:30 - 21:00
Thursday	Girls U14	18:00 - 19:30
Friday	Mixed U8	17:30 - 18:30
	Boys U10	18:00 - 19:30
	Boys U10 Goal Keepers	18:00 - 19:30
	GU12 Yellow Pool	18:00 - 19:30
	GU12 Red Pool	19:30 - 21:00
	BU12 Yellow Pool	18:00 - 19:30
	BU12 Red Pool	19:30 - 21:00
2023/24 SUNDAY TIMETABLE		
Age Group	Time	Warm up / Team Talk Arrival
Mixed U8	08:30 - 09:30	08:10
BU10 Game Time	08:30 - 09:45	08:10
GU10 Game Time	09:45 - 11:00	09:15
GU12 Game Time (Yellow)	11:00 - 12:30	10:30
GU12 Game Time (Red)	12:30 - 14:00	12:00
BU12 Game Time	11:00 - 12:30	10:30
Other Age groups play matches at various times		