

| 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)*                   | 19:00 - 20:30       |
|                                                | * additional fee applies                               |                     |
| Tuesday                                        | Boys U16                                               | 18:00 - 19:30       |
|                                                | Girls U16<br>(Pioneers, Explorers, Calypsos, Voyagers) | 18:00 - 19:30       |
| Wednesday                                      | Boys U14                                               | 18:00 - 19:30       |
|                                                | Girls U16<br>(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 |
| 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 |                                                        |                     |