

## TRAININGS FOR THE WEEK

<b>DATES</b>	<b>TEAMS</b>		<b>VENUE</b>	<b>TIME</b>
<b>MONDAY</b>	<b>All Rugby</b>	Pre-Season	Lower Fields	<b>3.15pm-5pm</b>
	<b>Girls Volleyball</b>	Training	Gym	<b>3.30pm-5pm</b>
	<b>Boys Volleyball</b>	Training	Gym	<b>3.30pm-5pm</b>
	<b>Tennis</b>	Training	Courts	<b>3.15pm-5pm</b>
<b>TUESDAY</b>	<b>Netball</b>	Pre-season	Netball Court	<b>7.00am</b>
	<b>(Senior A/B)</b>			
	<b>1<sup>st</sup>XV/ 2<sup>nd</sup>XV</b>	Training	Lower Fields	<b>3.15pm-5pm</b>
	<b>Boys Volleyball</b>	Training	Gym	<b>3.30pm-5pm</b>
	<b>Waka Ama</b>	Training	Ian Shaw Park	<b>3.30pm-5pm</b>
	<b>Girls Rugby</b>	Training	Lower Field	<b>3.15pm-5pm</b>
	<b>U14 Rugby</b>	Training	Memorial Field	<b>3.15pm-5pm</b>
<b>WEDNESDAY</b>	<b>Rugby League</b>	Pre-season	Lower Fields	<b>3.30pm-5pm</b>
	<b>Girls Volleyball</b>	Training	Gym	<b>3.30pm-5pm</b>
	<b>Boys Volleyball</b>	Training	Gym	<b>3.30pm-5pm</b>
	<b>Tennis</b>	Training	Courts	<b>3.15pm-5pm</b>
<b>THURSDAY</b>	<b>Waka Ama</b>	Training	Ian Shaw Park	<b>3.30pm-5pm</b>
	<b>U14 Rugby</b>	Training	Memorial Field	<b>3.15pm-5pm</b>
	<b>Touch Rugby</b>	Training	Lower Field	<b>3.15pm-5pm</b>
<b>FRIDAY</b>	<b>Tennis</b>	Training	Courts	<b>3.15pm-5pm</b>
	<b>Girls Rugby</b>	Training	Lower Field	<b>3.15pm-5pm</b>
	<b>Touch Rugby</b>	Training	Lower Field	<b>3.15pm-5pm</b>
<b>SATURDAY</b>	<b>Girls Rugby</b>	GO for GOLD 7s	OTHC	<b>10am-12pm</b>
	<b>(selected players)</b>			