

## 2009 TRAINING TIMES

TEAM	USUAL DAYS	GYM	WHERE	
U 7 Harris, Durston, Scamp and Munro	Saturday 8.30 -9.30am	Jake to communicate with coaches. Mainly sprint tech work.	Aspley East Primary School	
U 7 Dannenberg	Wednesday 5.45–6.45 pm		Aspley High School	
U8 Kirby	Wednesday 5-6pm		Aspley High School	
U 8 Gledhill	Saturday 8.30 -9.30am		Aspley East Primary School	
U 8 Rolls	Friday 5-6pm		Aspley High School	
U 9 Kelso	Thursday 5-6pm		Kirby Rd Main Field	
U 9 Tolhurst	Friday 5-6pm		Aspley High School	
U 9 Buckley	Wednesday 5-6pm		Aspley High School	
U10 Newton	Wednesday 5-6pm		Aspley High School	
U10 Phelan	Tuesday 5-6pm		Kirby Rd Main Field	
U10 Eltherington	Friday 4 – 5 pm		Aspley High School	
U 11 Prem	Monday & Wed 5-6pm		Jake to communicate with coaches. This will be body weight work using jungle gym eqt.	Aspley High School
U 11 Div 1	Tues and Thurs 5-6pm			Kirby Rd Main Field
U11 Div 3	Tues and Thurs 5.30-6.30pm			Kirby Rd Main Field
U12 Prem	Tuesday & Thursday 6.30-7.30pm	Aspley High School		
U12 Div1	Tuesday & Thursday 5.30-6.30pm	Aspley High School		
U12 Div 3	Tuesday & Thursday 5.45-6.45pm	Kirby Rd Main Field		
U13 Prem	Tuesday & Thursday 6 – 7.30pm	Aspley High School		
U13 Div 1	Tuesday & Thursday 6.15 – 7.30pm	Aspley High School		
U13 Div 2	Tuesday & Thursday 6.30 – 7.30pm	Aspley High School		
U 14 Div1	Monday & Thursday 5 – 6pm	Aspley High School		
U 14 Div2	Tues and Thur 5-6pm	Aspley High School		
U 14 Div 3	Tues and Thur 5-6pm	Aspley High School		
U 15 Prems	Monday & Wednesday 5.00 – 6.30pm	Aspley High School		
U 15 Div 2	Tues and Thur 6-7 pm	Aspley High School		

TEAM	USUAL DAYS	GYM	WHERE
U 16 Div1	Monday & Wednesday 6-7pm	Mon and Wed 5 - 6	Aspley High School
U 16 Div2	Monday & Wednesday 6-7pm	Mon and Wed 5.30 - 6	Aspley High School
U18 NBS	Mon/Wed/Fri 6.15 – 7.30pm	Mon & Fri 5.30 – 6.00	Aspley High School
U18 Div 1	Mon/Wed/Fri 6.30 – 7.30pm	Mon & Fri 6.00 – 6.30	Aspley High School
U20's/Opens	Mon/Wed /Fri 7-8pm	Mon 6.30 – 7 Wed 6 – 7pm	Aspley High School