CJCA PRE-SEASON TRAINING PROGRAMME 2025

Squad Name	9th August Saturday	10th August Sunday	16th August Saturday	17th August Sunday	23rd August Saturday	24th August Sunday	30th August Saturday	31st August Sunday	6th September Saturday	7th September Sunday	13th September Saturday	14th September Sunday
Year 6 Blue (12 in squad)	2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm	
Year 6 White (12)	2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm		2pm - 3.30pm	
Year 6 Yellow (12)		8.45am - 10.15am		8.45am - 10.15am		8.45am - 10.15am		8.45am - 10.15am		8.45am - 10.15am		8.45am - 10.15am
Year 6 Orange (12)		8.45am - 10.15am		8.45am - 10.15am		8.45am - 10.15am		8.45am - 10.15am		8.45am - 10.15am		8.45am - 10.15am
Year 7 Green (12 in squad)	3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm	
Year 7 Yellow (12)	3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm		3.30pm - 5pm	
Year 7 Black (12)		10.15am -11.45am		10.15am -11.45am		10.15am -11.45am		10.15am -11.45am		10.15am -11.45am		10.15am -11.45am
Year 7 Red (12)		10.15am -11.45am		10.15am -11.45am		10.15am -11.45am		10.15am -11.45am		10.15am -11.45am		10.15am -11.45am
Year 8 Black (12 in squad)	5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm	
Year 8 Red (12)	5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm		5.30 - 7pm	
Year 8 Blue (12)		12noon - 1.30pm		12noon - 1.30pm		12noon - 1.30pm		12noon - 1.30pm		12noon - 1.30pm		12noon - 1.30pm
Year 8 White (12)		12noon - 1.30pm		12noon - 1.30pm		12noon - 1.30pm		12noon - 1.30pm		12noon - 1.30pm		12noon - 1.30pm