

## SQUAD TRAINING PROGRAMME

Effective February 2008.

### Top Squad

Sunday 16.30 - 18.00  
Monday 20.30 - 22.00  
Tuesday 18.30 - 19.55  
Wednesday 19.30 - 21.00  
Thursday 20.45 - 22.00  
Saturday 07.30 - 08.30

### Red Squad

Sunday 16.45 - 18.00  
Monday 20.30 - 22.00  
Tuesday 20.50 - 22.00  
Wednesday 19.30 - 21.00 (for those with County Qualifying times)  
Thursday 18.45 - 19.45  
Saturday 07.30 - 08.30

### Junior Squad

Sunday 16.45 - 18.00  
Monday 19.30 - 20.30  
Tuesday 19.55 - 20.50  
Wednesday 19.30 - 21.00 (for those with County Qualifying times)  
Thursday 19.45 - 20.45  
Saturday 07.30 - 08.30

### White Squad

Sunday 15.30 - 16.45  
Tuesday 19.55 - 20.50  
Thursday 18.00 - 18.45  
Saturday 07.30 - 08.30

### Masters

Sunday 18.00 - 19.00  
Tuesday 20.50 - 22.00  
Thursday 20.00 - 20.45  
Saturday 07.30 - 08.30

**"MINI" SQUADS TRAINING PROGRAMME**  
**Effective February 2008.**

**Cray "Mini" Squad**

Sunday 15.30 - 16.00  
Tuesday 18.00 - 18.30  
Thursday 19.00 - 19.30

**Dart "Mini" Squad**

Sunday 15.30 - 16.30  
Tuesday 18.00 - 18.30  
Thursday 19.00 - 19.30

**Darent "Mini" Squad**

Sunday 15.30 - 16.00  
Tuesday 18.00 - 18.30  
Thursday 19.30 - 20.00

**Swale "Mini" Squad**

Sunday 15.30 - 16.30  
Tuesday 18.00 - 18.30  
Thursday 19.30 - 20.00

**Thames "Mini" Squad**

Sunday 15.30 - 16.30  
Tuesday 18.00 - 18.30  
Thursday 19.30 - 20.00

**Medway "Mini" Squad**

Sunday 15.30 - 16.30  
Tuesday 18.00 - 18.30  
Thursday 19.00 - 19.30