

Bronze Squad Training Schedule Summer Holidays 2013 - 2014

All training is as per term schedule until week 11. Last session of week 11 is Saturday Dec 21st.

Please bring joggers to every training session.

Please be punctual to every training session.

2013	Mon Dec 23 rd	Tues Dec 24 th	Wed Dec 25 th	Thurs Dec 26 th	Fri Dec 27 th	Sat Dec 28 th
AM	6.30 – 8.00 Abbotsleigh Brandon	6.30 – 8.00 Abbotsleigh Brandon	Merry Christmas	Happy Boxing day	6.45 -9.00 Abbotsleigh Chris (Bookings only)	6.45 -9.00 Abbotsleigh Chris (Bookings only)
PM	4.00 – 6.00 Abbotsleigh Brandon		Eat plenty of Turkey and Ham!	Run/ Swim/ Sleep		

2013/14	Mon Dec 30 th	Tues Dec 31 st	Wed Jan 1 st	Thurs Jan 2 nd	Fri Jan 3 rd	Sat Jan 4 th
AM	6.45 -9.00 Abbotsleigh Chris (Bookings only)	6.45-9.00 Abbotsleigh Chris (Bookings only)	Happy New Year	No training	No training	No training
PM						

Camp ABB 5th – 11th January

2013/14	Mon Jan 13 th	Tues Jan 14 th	Wed Jan 15 th	Thurs Jan 16 th	Fri Jan 17 th	Sat Jan 18 th
AM	7.00-9.00 Abbotsleigh Chris	7.00-9.00 Abbotsleigh Chris	7.00-9.00 Abbotsleigh Chris	7.00-9.00 Abbotsleigh Chris	7.00-9.00 Abbotsleigh Chris	
PM						

2013/14	Mon Jan 20th	Tues Jan 21th	Wed Jan 22th	Thurs Jan 23rd	Fri Jan 24th	Sat Jan 25th
AM	7.00-9.00 Abbotsleigh Chris	7.00-9.00 Abbotsleigh Chris	7.00-9.00 Abbotsleigh Chris	7.00-9.00 Abbotsleigh Chris	7.00-9.00 Abbotsleigh Chris	
PM						

Normal Sessions begin on Tuesday 28th of January!

Please note: Monday 27th of January is the Australia Day public holiday!