

## Silver 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 21<sup>st</sup>.

Bring runners to every training session.

Please be punctual to every training session.

2013	Mon Dec 23 <sup>rd</sup>	Tues Dec 24 <sup>th</sup>	Wed Dec 25 <sup>th</sup>	Thurs Dec 26 <sup>th</sup>	Fri Dec 27 <sup>th</sup>	Sat Dec 28 <sup>th</sup>
AM	5.45 – 8.00 Abbotsleigh  Brandon	5.45 – 8.00 Abbotsleigh  Brandon	Merry Christmas	Happy Boxing day	6.45-9.00 Abbotsleigh  Chris <b>(Bookings only)</b>	6.45-9.00 Abbotsleigh  Chris <b>(Bookings only)</b>
PM	4.00 – 6.00 Abbotsleigh		Eat plenty of turkey, ham and pudding.	Walk/run/ surf/Sleep.		

2013/14	Mon Dec 30 <sup>th</sup>	Tues Dec 31 <sup>st</sup>	Wed Jan 1 <sup>st</sup>	Thurs Jan 2 <sup>nd</sup>	Fri Jan 3 <sup>rd</sup>	Sat Jan 4 <sup>th</sup>
AM	6.45-9.00 Abbotsleigh  Chris <b>(Bookings only)</b>	6.45- 8.00 Abbotsleigh  Chris <b>(Bookings only)</b>	Happy New Year		6.45 -9.00 Abbotsleigh  Leanne	6.45 -9.00 Abbotsleigh  Leanne
PM				4.00 – 6.15 Abbotsleigh  Leanne		

### Camp Coffs & Camp ABB 5<sup>th</sup> – 11<sup>th</sup> January

2013/14	Mon Jan 13 <sup>th</sup>	Tues Jan 14 <sup>th</sup>	Wed Jan 15 <sup>th</sup>	Thurs Jan 16 <sup>th</sup>	Fri Jan 17 <sup>th</sup>	Sat Jan 18 <sup>th</sup>
AM		6.45-9.00 Abbotsleigh  Brandon		6.45-9.00 Abbotsleigh  Brandon	6.45 -9.00 Abbotsleigh  Brandon	10 &under - 12yrs State Age
PM	4.00 – 6.15 Abbotsleigh  Brandon		4.00 – 6.15 Abbotsleigh  Brandon			

2013/14	<b>Mon Jan 20<sup>th</sup></b>	<b>Tues Jan 21<sup>th</sup></b>	<b>Wed Jan 22<sup>th</sup></b>	<b>Thurs Jan 23<sup>rd</sup></b>	<b>Fri Jan 24<sup>th</sup></b>	<b>Sat Jan 25<sup>th</sup></b>
AM	13-18yrs state age	13-18yrs state age	13-18yrs state age	13-18yrs state age	13-18yrs state age	
PM	3.00-5.00 Abbotsleigh  Brandon	3.00-5.00 Abbotsleigh  Brandon	3.00-5.00 Abbotsleigh  Brandon	3.00-5.00 Abbotsleigh  Brandon	3.00-5.00 Abbotsleigh  Brandon	

Normal Sessions begin on Tuesday 28<sup>th</sup> of January!

Please note: Monday 27<sup>th</sup> is the Australia Day public holiday!