



Parkdale Sidac F.C.

JANUARY 2010 - TRAINING ROTA

Winter training will continue on Thursday 7th January for all teams within our club. Teams that play on a Saturday will train on a Tuesday, and teams that play on a Sunday will train on a Thursday.

In total we have 8 teams training (4 on a Tue and 4 on a Thurs), and each session will be controlled by a 'rota' whereby every fourth week your team will have no training at Sutton High. Alternative arrangements may be arranged by your team Coach for this week, please speak to them for more details.

U12's, U13's, U14's and U15's

THURSDAYS on the Astroturf at Sutton High: 6-7pm

| DATE | UNDER 12's | UNDER 13's | UNDER 14's | UNDER 15's |
|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Thur 7 th Jan | 6-7pm | No training this week | 6-7pm | 6-7pm |
| Thur 14 th Jan | 6-7pm | 6-7pm | No training this week | 6-7pm |
| Thur 21 st Jan | 6-7pm | 6-7pm | 6-7pm | No training this week |
| Thur 28 th Jan | No training this week | 6-7pm | 6-7pm | 6-7pm |
| Thur 4 th Feb | 6-7pm | No training this week | 6-7pm | 6-7pm |
| Thur 11 th Feb | 6-7pm | 6-7pm | No training this week | 6-7pm |
| Thur 18 th Feb | 6-7pm | 6-7pm | 6-7pm | No training this week |
| Thur 25 th Feb | No training this week | 6-7pm | 6-7pm | 6-7pm |
| Thur 4 th Mar | 6-7pm | No training this week | 6-7pm | 6-7pm |
| Thur 11 th Mar | 6-7pm | 6-7pm | No training this week | 6-7pm |
| Thur 18 th Mar | 6-7pm | 6-7pm | 6-7pm | No training this week |
| Thur 25 th Mar | No training this week | 6-7pm | 6-7pm | 6-7pm |
| Thur 1 st Apr | 6-7pm | No training this week | 6-7pm | 6-7pm |