



Parkdale Sidac F.C.

JANUARY 2010 - TRAINING ROTA

Winter training will continue on Tuesday 5th 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.

U9's, U10's, U11's-A and U11's-B

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

DATE	UNDER 9's	UNDER 10's	UNDER 11's - A	UNDER 11's - B
Tue 5 th Jan	6-7pm	6-7pm	6-7pm	No training this week
Tue 12 th Jan	No training this week	6-7pm	6-7pm	6-7pm
Tue 19 th Jan	6-7pm	No training this week	6-7pm	6-7pm
Tue 26 th Jan	6-7pm	6-7pm	No training this week	6-7pm
Tue 2 nd Feb	6-7pm	6-7pm	6-7pm	No training this week
Tue 9 th Feb	No training this week	6-7pm	6-7pm	6-7pm
Tue 16 th Feb	6-7pm	No training this week	6-7pm	6-7pm
Tue 23 rd Feb	6-7pm	6-7pm	No training this week	6-7pm
Tue 2 nd Mar	6-7pm	6-7pm	6-7pm	No training this week
Tue 9 th Mar	No training this week	6-7pm	6-7pm	6-7pm
Tue 16 th Mar	6-7pm	No training this week	6-7pm	6-7pm
Tue 23 rd Mar	6-7pm	6-7pm	No training this week	6-7pm
Tue 30 th Mar	6-7pm	6-7pm	6-7pm	No training this week