



Parkdale Sidac F.C.

WINTER TRAINING ROTA

Tuesdays OR Wednesdays on the astroturf at Sutton High: 5-6pm

DATE	UNDER 10's	UNDER 11's	UNDER 12's	UNDER 13's
Tue 6 th Jan	5-6		5-6	No training this week
WED 7 th		5-6		
Tue 13 th Jan	No training this week	5-6		5-6
WED 14 th			5-6	
Tue 20 th Jan	5-6	No training this week	5-6	
WED 21 st				5-6
Tue 27 th Jan		5-6	No training this week	5-6
WED 28 th	5-6			
Tue 3 rd Feb	5-6		5-6	No training this week
WED 4 th		5-6		
Tue 10 th Feb	No training this week	5-6		5-6
WED 11 th			5-6	
Tue 17 th Feb	5-6	No training this week	5-6	
WED 18 th				5-6
Tue 24 th Feb		5-6	No training this week	5-6
WED 25 th	5-6			
Tue 3 rd March	5-6		5-6	No training this week
WED 4 th		5-6		
Tue 10 th March	No training this week	5-6		5-6
WED 11 th			5-6	
Tue 17 th March	5-6	No training this week	5-6	
WED 18 th				5-6
Tue 24 th March		5-6	No training this week	5-6
WED 25 th	5-6			

- The Under 8's will train every Wednesday along with the team scheduled above. They will play width-ways and use approximately a third of the pitch.
- Our winter 'cycle' runs out after Wednesday 25th March, and separate arrangements will be made by Coaches to train their teams on the grass (at Sidac or Sherdley Park).