

## Tramp Draft Training Schedule Christmas Holidays 2018-2019

### Last Day of training for 2018 Saturday 22<sup>nd</sup> December 2018

Squad/Coach	Monday 7 <sup>th</sup> January	Tuesday 8 <sup>th</sup> January	Wednesday 9 <sup>th</sup> January	Thursday 10 <sup>th</sup> January	Friday 11 <sup>th</sup> January
Junior West (Alex)		Conditioning Club 9:00 – 11:00		Conditioning Club 9:00 – 11:00	Conditioning Club 11:00 – 1:00
Junior West (Kay)		Conditioning Club 9:00 – 11:00		Conditioning Club 9:00 – 11:00	Conditioning Club 11:00 – 1:00
Junior QEII (Will)		Conditioning Club 9:00 – 11:00		Conditioning Club 9:00 – 11:00	Conditioning Club 9:00 – 11:00
Seniors (Will)		Conditioning Club 9:00 – 11:00		Conditioning Club 9:00 – 11:00	Conditioning Club 9:00 – 11:00

### Week 2

Squad/Coach	Monday 14 <sup>th</sup> January	Tuesday 15 <sup>th</sup> January	Wednesday 16 <sup>th</sup> January	Thursday 17 <sup>th</sup> January	Friday 18 <sup>th</sup> January
Junior West (Alex)		1:30 – 3:30pm (QEII)		1:30 – 3:30pm (QEII)	1:30 – 3:30pm (QEII)
Junior West (Kay)		1:30 – 3:30pm (QEII)		1:30 – 3:30pm (QEII)	1:30 – 3:30pm (QEII)
Junior QEII (Will)		1:30 – 3:30pm (QEII)		1:30 – 3:30pm (QEII)	1:30 – 3:30pm (QEII)
Seniors (Will)	(Senior Clinic) 4:00pm – 6:30pm	(Senior Clinic) 10:00am – 12:00pm, and 4:00pm – 6:30pm		(Senior Clinic) 10:00am – 12:00pm, and 4:00pm – 6:30pm	(Senior Clinic) 10:00am – 12:30pm

### Week 3

Squad/Coach	Monday 21 <sup>st</sup> January	Tuesday 22 <sup>nd</sup> January	Wednesday 23 <sup>rd</sup> January	Thursday 24 <sup>th</sup> January	Friday 25 <sup>th</sup> January
Junior West(Alex)	(Junior Clinic @ QEII) 1:30pm – 4:00pm	(Junior Clinic @ QEII) 1:30pm – 4:00pm	(Junior Clinic @ QEII) 1:30pm – 4:00pm	(Junior Clinic @ QEII) 1:30pm – 4:00pm	
Junior West (Kay)	(Junior Clinic @ QEII) 1:30pm – 4:00pm	(Junior Clinic @ QEII) 1:30pm – 4:00pm	(Junior Clinic @ QEII) 1:30pm – 4:00pm	(Junior Clinic @ QEII) 1:30pm – 4:00pm	
Junior QEII (Will)	(Junior Clinic @ QEII) 1:30pm – 4:00pm	(Junior Clinic @ QEII) 1:30pm – 4:00pm	(Junior Clinic @ QEII) 1:30pm – 4:00pm	(Junior Clinic @ QEII) 1:30pm – 4:00pm	
Seniors (Will)	4:30pm – 7:30pm	4:30pm – 7:30pm		4:30pm – 7:30pm	9:30am – 12:30pm