



SENIOR PRACTICES 2019 - GIRLS						
	Monday	Tuesday	Wednesday	Thursday	Friday	Time
Under 13	HOCKEY	HANDBALL	HOCKEY	HANDBALL		1630 to 1800
Under 14	HOCKEY	HANDBALL	HOCKEY	HANDBALL		
Under 16			VOLLEY		FOOTBALL	
		HOCKEY		HOCKEY		1800 to 2000
The use of gum shield and shin pads for Hockey are compulsory.						

SENIOR PRACTICES 2019 - BOYS						
	Monday	Tuesday	Wednesday	Thursday	Friday	Time
Under 13	FOOTBALL		RUGBY	FOOTBALL	RUGBY	1630 to 1800
Under 14		FOOTBALL	RUGBY	FOOTBALL	RUGBY	
Under 15			RUGBY		RUGBY	
Under 16		FOOTBALL	FOOTBALL	FOOTBALL		
Under 17	WEIGHT TRAINING	RUGBY	WEIGHT TRAINING	RUGBY		
Basket			BASKETBALL			1630 to 1800
	BASKETBALL				BASKETBALL	1715 to 1800
The use of shin pads for football are compulsory, the use of gum shield for rugby is highly recommended.						