

ROYAL CHESTER JUNIOR TRAINING SQUADS

<u>SQUAD</u>	<u>Monday</u>	<u>Tuesday</u>	<u>WEDNESDAY</u>	<u>WEDNESDAY</u>	<u>Thursday</u>	<u>Friday</u>	<u>TIMES/COACHES</u>
Girls	CLUBHOUSE	CLUBHOUSE	CLUBHOUSE	Chester YC	CLUBHOUSE	CLUBHOUSE	ALL 4-30 PM
<u>WJ16/17</u>							<u>Chris Jackman/Jo</u>
<u>WJ15</u>							<u>Chris Jackman/Jo</u>
<u>WJ14</u>							<u>Mike P/Peter J</u>
<u>WJ13/12</u>							<u>Mike P</u>
Boys							
<u>J17</u>							<u>Chris Jackman/Jo</u>
<u>J16</u>							<u>Chris Jackman/Jo</u>
<u>J15</u>							<u>Mike P/Peter J</u>
<u>J14</u>							<u>Mike P</u>
<u>J13/12</u>							

Sessions for the squads should enable: **17/16 x 3 mid week training evenings**

15/14 x 2 mid week 13/12 x 1 mid week Wednesday attendance for 16/17 is Chester Youth Club Handbridge

We understand that clashes may occur and we do expect the students to make up for missed sessions if possible as we establish a Fitness Pathway.

Some juniors will be asked to train with other groups and all will be expected to improve technique and fitness with our monitored programme.

LEADING JUNIOR COACH: Jo Birtwistle / 07951562355 / jo_birty@yahoo.co.uk

CLUB CAPTAIN: Michal Palamarczuk/ 07966646407/ email: michal@palamarczuk.co.uk

ROYAL CHESTER JUNIOR TRAINING SQUADS

<u>SATURDAY</u>	<u>WJ16</u>	<u>WJ15</u>	<u>WJ14</u>	<u>WJ13/12</u>	<u>J17/J16</u>	<u>J15</u>	<u>J14</u>	<u>J13/12/11</u>	
<u>8 AM</u>	10 JB				4 BB	8+1 KB GW			JB Jo Birtwistle
<u>9</u>	10 JB				4 BB	8+1 KB GW			CJ Chris Jackman
<u>10</u>		18 KB GW			4 BB				KB Ken Bateson
<u>11</u>		18 KB GW			4 BB		12 JB		GW Geoff Wynn
<u>12</u>			12 PJ					15 MP JP	BB Bruce Belcher
<u>13PM</u>				12 PJ				15 MP JP	MP Michal Palamarczuk
<u>14</u>				12 PJ		12 CJ			PJ Peter Jarvis
<u>15</u>						12 CJ			JP Johnny Prescot

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<u>SUNDAY</u>	<u>WJ16</u>	<u>WJ15</u>	<u>WJ14</u>	<u>WJ13/12</u>	<u>J17/16</u>	<u>J15</u>	<u>J14</u>	<u>J13/12/11</u>	
<u>8 AM</u>									
<u>9</u>		18 GW KB			16 CJ				
<u>10</u>		18 GW KB			16 CJ				
<u>11</u>	10 JB					8+1 KB GW			
<u>12</u>	10 JB					8+1 KB GW			
<u>13PM</u>									
<u>14</u>									
<u>15</u>									

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