

## RTSC Summer 2018 Training Schedule

### 22<sup>nd</sup> to 29<sup>th</sup> July British Summer Nationals 24<sup>th</sup> to 29<sup>th</sup> July

	A Squad		B Squad		C Squad		D Squad	
Sunday 22 <sup>nd</sup>	Abbs Cross School	6:30 to 8:00pm	Abbs Cross School	6:30 to 8:00pm	Abbs Cross School	5:15 to 6:30pm	Abbs Cross School	4:00 to 5:15pm
Monday 23 <sup>rd</sup>	Abbs Cross School	5.30 to 7.30am	Abbs Cross School	5.30 to 7.30am				
	Abbs Cross School	6.30 to 8.30pm			Abbs Cross School	5.00 to 6.30pm		
Tuesday 24 <sup>th</sup>	Abbs Cross School	5.30 to 7.30am						
	Abbs Cross School	6.00 to 7:00pm	Abbs Cross School	7.00 to 8.30pm			Abbs Cross School	5.00 to 6.00pm
Wednesday 25 <sup>th</sup>								
	Abbs Cross School	6.30 to 8.30pm			Abbs Cross School	5.00 to 6.30pm		
Thursday 26 <sup>th</sup>	Abbs Cross School	5.30 to 7.30am	Abbs Cross School	5.30 to 7.30am				
	Abbs Cross School	6.00 to 8.00pm					Abbs Cross School	4.30 to 6.00pm
Friday 27 <sup>th</sup>	Abbs Cross School	5.30 to 7.30am	Abbs Cross School	5:30 to 7:30am				
			Abbs Cross School	7:00 to 8:30pm	Abbs Cross School	6:00 to 7:00pm		
Saturday 28 <sup>th</sup>	Abbs Cross School	6.00 to 7.30am	Abbs Cross School	6.00 to 7:30am	Abbs Cross School	7.30 to 9.00am	Abbs Cross School	9:00 to 10:30am
Sunday 29 <sup>th</sup>	Abbs Cross School	6.30 to 8pm	Abbs Cross School	6.30 to 8pm	Abbs Cross School	5.15 to 6.30pm	Abbs Cross School	4:00 to 5.15pm

# 30<sup>th</sup> July to 5<sup>th</sup> August

## ASA National Summer Champs. 31<sup>st</sup> to 5<sup>th</sup> August

	A Squad		B Squad		C Squad		D Squad	
Monday 30 <sup>th</sup>								
	Abbs Cross School	6.30 to 8.30pm	Abbs Cross School	6.30 to 8.30pm	Abbs Cross School	5.00 to 6.30pm		
Tuesday 31 <sup>st</sup>								
	Abbs Cross School	6.00 to 8.00pm	Abbs Cross School	6.00 to 8.00pm			Abbs Cross School	5.00 to 6.00pm
Wednesday 1 <sup>st</sup>								
	Abbs Cross School	6.30 to 8.30pm	Abbs Cross School	6.30 to 8.30pm	Abbs Cross School	5.00 to 6.30pm		
Thursday 2 <sup>nd</sup>								
	Abbs Cross School	6.00 to 8.00pm	Abbs Cross School	6.00 to 8.00pm			Abbs Cross School	4:30 to 6.00pm
Friday 3 <sup>rd</sup>								
	Abbs Cross School	6.00 to 8.00pm	Abbs Cross School	6.00 to 8.00pm	Abbs Cross School	4:30 to 6:00pm		
Saturday 4 <sup>th</sup>	Abbs Cross School	6.00 to 7.30am	Abbs Cross School	6.00 to 7.30am	Abbs Cross School	7.30 to 9.00am	Abbs Cross School	9:00 to 10:30am
Sunday 5 <sup>th</sup>	Abbs Cross School	6.30 to 8.00pm	Abbs Cross School	6.30 to 8.00pm	Abbs Cross School	5.15 to 6.30pm	Abbs Cross School	4.00 to 5.15pm

## 6<sup>th</sup> to 10<sup>th</sup> August

	A Squad	B Squad	C Squad	D Squad
Monday 6 <sup>th</sup>	Abbs Cross School 6.30 to 8.30pm	Abbs Cross School 6.30 to 8.30pm	Abbs Cross School 5.00 to 6.30pm	
Tuesday 7 <sup>th</sup>	Abbs Cross School 6.00 to 8.00pm (7pm - Gym)	Abbs Cross School 7.00 to 8.30pm		Abbs Cross School 5.00 to 6.00pm
Wednesday 8 <sup>th</sup>	Abbs Cross School 6.30 to 8.30pm	Abbs Cross School 6.30 to 8.30pm	Abbs Cross School 5.00 to 6.30pm	
Thursday 9 <sup>th</sup>	Abbs Cross School 6.00 to 8.00pm	Abbs Cross School 6.00 to 8.00pm		Abbs Cross School 4:30 to 6.00pm
Friday 10 <sup>th</sup>	Abbs Cross School 6.00 to 8.00pm	Abbs Cross School 6.00 to 8.00pm	Abbs Cross School 4:30 to 6:00pm	
Saturday 11 <sup>th</sup>				
Sunday 12 <sup>th</sup>				

There is no training from Saturday 11<sup>th</sup> to Monday 27<sup>th</sup> August inclusive. The new season starts from PM on Tuesday 28<sup>th</sup> August 2018.

## 27th August to 2<sup>nd</sup> September

	A Squad	B Squad	C Squad	D Squad
Monday 27 <sup>th</sup>	BANK HOLIDAY			
Tuesday 28 <sup>th</sup>				
	Abbs Cross School 6.00 to 8.00pm (7pm - Gym)	Abbs Cross School 7.00 to 8.30pm		Abbs Cross School 5.00 to 6.00pm
Wednesday 29 <sup>th</sup>				
	Abbs Cross School 6.30 to 8.30pm		Abbs Cross School 5.00 to 6.30pm	
Thursday 30 <sup>th</sup>				
	Abbs Cross School 6.00 to 8.00pm			Abbs Cross School 4.30 to 6.00pm
Friday 31 <sup>st</sup>				
		Abbs Cross School 6.00 to 8.00pm	Abbs Cross School 4.30 to 6.00pm	
Saturday 1 <sup>st</sup>	Abbs Cross School 6.00 to 7.30am	Abbs Cross School 6.00 to 7.30am	Abbs Cross School 7.30 to 9.00am	Abbs Cross School 9.00 to 10.30am
Sunday 2 <sup>nd</sup>	Abbs Cross School 6.30 to 8.00pm	Abbs Cross School 6.30 to 8.00pm	Abbs Cross School 5.15 to 6.30pm	Abbs Cross School 4.00 to 5.15pm

All Sessions return to normal from AM on Monday 3<sup>rd</sup> September 2018