

RTSC Summer 2018 Training Schedule

22nd to 29th July
British Summer Nationals 24th to 29th July

	A Squad		B Squad		C Squad		D Squad	
Sunday 22 nd	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 rd	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 th	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 th								
	Abbs Cross School	6.30 to 8.30pm			Abbs Cross School	5.00 to 6.30pm		
Thursday 26 th	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 th	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 th	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 th	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

30th July to 5th August

ASA National Summer Champs. 31st to 5th August

	A Squad		B Squad		C Squad		D Squad	
Monday 30 th								
	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 st							Abbs Cross School	5.00 to 6.00pm
	Abbs Cross School	6.00 to 8.00pm	Abbs Cross School	6.00 to 8.00pm				
Wednesday 1 st								
	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 nd							Abbs Cross School	4:30 to 6.00pm
	Abbs Cross School	6.00 to 8.00pm	Abbs Cross School	6.00 to 8.00pm				
Friday 3 rd								
	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 th	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 th	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

6th to 10th August

	A Squad	B Squad		C Squad		D Squad
Monday 6 th						
	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 th						
	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 th						
	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 th						
	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 th						
	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 th						
Sunday 12 th						

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

27th August to 2nd September

	A Squad	B Squad	C Squad	D Squad				
Monday 27 th	BANK HOLIDAY							
Tuesday 28 th								
	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 th								
	Abbs Cross School	6.30 to 8.30pm		Abbs Cross School	5.00 to 6.30pm			
Thursday 30 th								
	Abbs Cross School	6.00 to 8.00pm		Abbs Cross School	4;30 to 6.00pm			
Friday 31 st								
		Abbs Cross School	6.00 to 8.00pm	Abbs Cross School	4;30 to 6:00pm			
Saturday 1 st	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 nd	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 3rd September 2018