

# Northgate Training Schedule 2020

Effective from 1<sup>st</sup> February 2020

		Monday		Tuesday		Wednesday		Thursday	
		Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock
<b>Morning</b>									
Seniors									
Junior Performance									
Junior Development									
Sharks									
Dolphins									
Masters/Seniors				6:15am-7:15am Seniors only to 7:45		6:15am-7:15am Seniors only to 7:45		6:15am-7:15am Seniors only to 7:45	
		Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock
<b>Evening</b>						7:00pm-8:00pm			
Seniors				7:00pm-9:00pm		8:00pm-9:00pm		7:00pm-9:00pm	
Junior Performance		7:00pm-8:00pm		7:30pm-8:30pm				6:00pm-7:00pm	
Junior Development		6:00pm-7:00pm							
Sharks									
Dolphins									
Masters									
<b>Morning</b>									
Seniors				7:00am-9:00am		8:00am-10:00am			
Junior Performance				9:00am-10:30am					
Junior Development									
Sharks				10:45am-11:45am					
Dolphins				10:00am-10:45am					
Masters									
		Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock	Bridgnorth	Much Wenlock
<b>Evening</b>						7:30pm-8:45pm			
Seniors								6:30pm-8:00pm	
Junior Performance						6:30pm-7:30pm			
Junior Development						5:30pm-6:30pm			
Sharks						5:00pm-5:30pm			
Dolphins								5:30pm-6:30pm	
Masters		6:00pm-7:00pm							

Summary	
<b>Masters</b>	2 hrs dedicated + 3 hrs shared
<b>Total – 5 hours</b>	
<b>Seniors</b>	10.25 hrs dedicated + 4.5 hrs shared
<b>Total – 14.75 hours</b>	
<b>Junior Performance</b>	Total – 6 hours
<b>Junior Development</b>	Total 3 hours
<b>Sharks</b>	Total – 2 hours
<b>Dolphins</b>	Total – 1.25 hours
<b>Land Training</b>	Total – 1 hour