

FRIENDS ROWNG - TRAINING SCHEDULE FOR ALL SQAUDS

As at September 20222

		OPENS		UNDER 16		UNDER 15		UNDER 14		UNDER 13	
		Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
MONDAY	AM										
	PM	GYM	ERGO/Core	ERGO	ROW		ROW/run		ROW		
TUESDAY	AM	ROW	ROW	ROW	ROW		ROW				
	PM					ROW				ROW	ROW
WEDNESDAY	AM	ROW	ROW			ROW		ROW			
	PM	ERGO	ERGO/Core	Circuit(lunch)?	ROW				ROW		
THURSDAY	AM	ROW	ROW	ROW	ROW	ROW	ROW				
	PM							ROW		ROW	ROW
FRIDAY	AM										
	PM	GYM									
SATURDAY	AM	(6.45am) ROW	(6.45am) ROW	(6.45am) ROW	(8.45 - 10.30am) ROW	(6.45-8.30am) ROW	(6.45-8.30am) ROW	(8.45-10.30am) ROW	(8.45-10.30am) ROW	(8.45-10.30am) ROW	(8.45-10.30am) ROW
	PM										
SUNDAY	AM										
	PM										
		Ian Jordan Ed McKay	Max McQueeney Anthony Edwards	Ian McMahon Ryan Fox John Middendorf	Nicola Anderson Eloise Underwood	Charlotte Ralph Sam Ibbott	Ruby Lang Marko Jotic (Ben Wells)	Max Doyle Stuart Wigston	Melissa Mace Julia Powell-Davies	Frances Ward Catherine Gray Will Somers	Kim Morgan James Wilson (Nick Cole)

GOOD

GOOD

GOOD

GOOD

GOOD

GOOD

GOOD

GOOD

GOOD

GOOD