



## Richmond Dales ASC Squad Timetable

Squad	AM/PM/Land	Monday	Tuesday	Wed	Thurs	Friday	Sat	Sunday
<b>National</b>	AM Richmond	5.30-7.00	5.30-7.00	5.30-7.00		5.30-7.00	6.00-8.00	
	PM	6-8 C	6-8 C		5.30-7.30 R	5.30-7.30 R		
	Land	5-6pm C			4.45-5.30 R			
<b>Regional</b>	AM Richmond	5.30-7	5.30-7	5.30-7			6.00-8.00	
	PM	6-8 C	Bridging		5.30-7.30 R	5.30-7.30 R		
	Land	5-6pm C			4.45-5.30 R			
<b>County</b>	AM Richmond					5.30-7		
	PM	Bridging C		6-8 C	6-7.30 C	6-8 C		3-5C
	Land			5-6pm C				
<b>Dev.</b>	AM					Bridging		
	PM	6-7.30 CTP		6-6.45 C	6-7.30 C	5-7 C		4-5 C
	Land			5-6 C				
<b>YD 2</b>	PM		6-7 C	6.45-8 C			6-8 AM R	
<b>YD 1</b>	PM		6-7 C	6.45-8 C				
<b>Masters</b>	AM	06-07 R						
	PM		6-8 C or 7-8 C			7-8 C		
<b>Para</b>	PM	7.30-8.30 CTP			4.30-5.30 R			2-4 C
	Land							1-2 pm C
<b>Skills 1</b>	PM					5-6 C		
<b>Skills 2</b>	PM				4.30-5.30 PM R	5-6 C		Bridging

**Key: C = Catterick pool // CTP = Catterick Training Pool // R= Richmond Pool**