

	Ulidia 3G	Aquinas Back	Aquinas Front
Mondays			
6pm to 7pm	Girls U13	Girls U9/11	2011 by invite
	2009 by invite		
7pm to 8pm	Girls U15, U16, U19	2006 A	
8pm to 9pm	2007	2008 by invite	
9pm to 10pm	Over 50s		

Tuesdays			
6pm to 7pm	2010	2014	
7pm to 8pm	2003 A 2004 A		
8pm to 9pm	Senior men	2005 2006 B	
9pm to 10pm			

Wednesdays			
6pm to 7pm	2013	2007 & 2012 by invite	Girls U6
7pm to 8pm	2011		Girls U11/13 by invite
8pm to 9pm	Thirds		
9pm to 10pm	2003 B 2004 B		

Thursdays			
6pm to 7pm	2009	2015	2016
		2010 by invite	
7pm to 8pm	2008	2012	
8pm to 9pm	Senior men		Ladies
9pm to 10pm			Girls U16/U19 by invite

Fridays			
6pm to 7pm	Fixtures		
7pm to 8pm			
8pm to 9pm			

	Ulidia 3G		Aquinas Back
Saturdays			
9am - 4pm	Fixtures	9.30 to 10.30	2012
		10.30 to 11.30	2011

Sundays			
10am - 6pm	Fixtures		



AUTUMN / WINTER TRAINING SCHEDULE

- PLEASE RESPOND TO COACH NOTIFICATIONS PROMPTLY
- ENSURE THAT YOU HAVE COMPLETED COVID DECLARATION IN ADVANCE OF TRAINING AND MATCHES
- ARRIVE IN ADVANCE OF COACHING SESSIONS SO THAT THEY CAN BEGIN PROMPTLY
- LEAVE THE PITCH IMMEDIATELY AFTER YOUR SESSION ENDS
- FOLLOW THE ONEWAY SYSTEMS TO PREVENT SPREAD OF COVID
- DO NOT SHARE LIFTS
- SPECTATORS ARE PERMITTED AT ULIDIA AND AQUINAS, PLEASE SANITISE, FOLLOW ONE WAY SYSTEM AND KEEP SOCIAL DISTANCE
- THERE IS NO ONSITE PARKING AT ULIDIA
- WHERE PLAYERS ARE INVITED TO ADDITIONAL TRAINING SESSION, COACH WILL ISSUE THE INVITE AND ADVISE PARENTS OF ADDITIONAL COST