

Clonduff Park Weekly Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11.00 U12 Football 12.30 U14/16 Ladies F 2.00 PRF (Seconds) 5.00 U16 Hurling 7.30 RF (Thirds)	Football/Hurling Refix U14 Football Div 2 Camogie	Minor Football U14/16 Camogie Armagh Hurling League	Div 2 Hurling Div 1 Camogie/Ulst Cam	U16 Football U12 Hurling	Div 1 Football U14 Hurling Minor Camogie	U8/10 Hurl 1st & 3rd U8/10 Foot 2nd & 4th U12 Camogie Juv Hurl Refix 4.30 Ulster Hurl League 7.00 Ladies Football
09.00 Sen Football Training 10.30-12.00 U8/U10 Football Training	6.00-7.30 U16 Football Training 6.00-7.00 U10/12/14 Hurling Training 7.00-8.30 Ladies Football Training 8.30-10.00 Sen Football Training 9.00 Sen Hurling	5.15-6.30 U10/12 Camogie Training 6.30-7.45 Sen Camogie Training 6.30-7.30 U12 Football Training 8.00-9.30 Min Football Training	6.15-7.30 U16 Ladies Training 6.30-7.30 U14 Football Training 8.00-9.30 Sen Football Training	5.00-6.15 U10/U12 & U14/16 Camogie Training 6.30-7.30 U16 F Train 7.30-9.00 Ladies Football Training 8.30-9.30 Min & Thirds Football Training	5.30-6.30 U14/16 Hurling Training 6.30-7.45 Sen Camogie Training 8.00-9.30 Sen Football Training	1.30-3.00 U14 Football Training 3.00-4.30 U16 Football Training 4.30-6.00 Sen Hurling Training/Games

It is essential that mentors adhere to their allocated slots. If, for some reason you need to change your slot, please talk to the other mentors involved and inform Club Secretary. Also if for some reason you are not using your slot, it would be courteous to inform those on the pitch before and after you!

It is Good to Talk!