

		Program of Activity for Jan & Feb 2020						
From	TO	Mon	Tue	Wed	Thu	Fri	Sat	
08:00	08:45						Adult Hurling 3	
08:45	09:30						Adult Hurling 4	
09:30	11:00						Coach Education	
16:30	17:15	U16		U16				
17:15	18:00	Minor F/Ball 1		Minor Hur 2				
18:00	18:45	Minor Hur 1		Minor F/Ball 2				
19:30	20:15	Adult F/Ball1		Adult F/Ball3	Adult Hurling1 (*)	Cámoige tbc		
20:15	21:00	Adult F/Ball 2		Adult F/Ball4	Adult Hurling 2			
					(*) Ladies Football 1Hour with CB			

Please see the allocation of supervised gym sessions for the January- February period. It is kindly asked that these sessions are kept in mind. The facility will be extremely busy during these hours, and players are asked to avoid using the gym (particularly in groups) during these times for individual unsupervised training, where at all possible. It is anticipated that other teams will also benefit from supervised sessions in the gym once our adult teams enter their 'in-season' phase. **Coach education sessions will begin on Saturday the 11th of January 2020, and all coaches and mentors are encouraged to attend.**