


Months	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Feb	6 Waitangi Day 	7 U21 Team Squad (1) announced - 22	8	9	10 U21 Match preparation session - 6-7.30am @ LEP 1 M/W	11 U21 Women PC Training - 9.30am - 10.30am, Brunch and match preparation, Blacksticks curtain raiser 12.30pm v Midlands	12	
	13 Conditioning 5.30-6pm @ LEP U21 M/W training 6-7.30pm @ LEP 1	14 U21 Team Squad (2) announced - 18	15	16 U21 M/W training 7.30 - 9pm @ LEP 1	17	18 Group conditioning @ Saint Kentigerns College 9-10.30am	19	
	20 Conditioning 5.30-6pm @ LEP U21 M/W training 6-7.30pm @ LEP 1	21	22	23 U21 M/W training 7.30 - 9pm @ LEP 1	24	25 Group conditioning @ Saint Kentigerns College 9-10.30am	26	
	27 Conditioning 5.30-7pm @ SKC U21 M/W training 7.30-9.30pm @ LEP 1	28 U21 Team Team announced - 16	29	1 U21 M/W training U21 v FDS Game 1 7.30 - 9.30pm @ LEP 1	2	3	4 U21 M/W training 9 - 11am @ LEP 1	Monday conditioning to be added before or after turf allocation tba SKC - Saint Kents College
Mar	5 Conditioning 5.30-7pm @ SKC U21 M/W training 7.30 - 9pm @ LEP 1	6	7	8 U21 M/W training U21 v FDS Game 2 7.30 - 9.30pm @ LEP 1	9	10	11 U21 M/W training 9 - 11am @ LEP 1	
	12 Conditioning 5.30-7pm @ SKC U21 M/W training 7.30 - 9pm @ LEP 1	13	14	15 U21 M/W training U21 v FDS Game 3 7.30 - 9.30pm @ LEP 1	16	17	18 Game v North Harbour 1.00pm @ Harbour	Club season starts
	19 U21 M/W training 7.30 - 9pm @ LEP 1	20	21	22 U21 M/W training 7.30 - 9.30pm @ LEP 1	23	24	25 Light Skills TBC	Rest weekend Light training week
	26 Conditioning 5.30-7pm @ SKC U21 M/W training 7.30 - 9pm @ LEP 1	27	28	29 U21 M/W training 7.30 - 9.30pm @ LEP 1	30	31	1 Game v North Harbour 2.30-4pm @ LEP	
				U21 W Program				

Apr	2			5				8	School Holidays
		Conditioning 5.30-7pm @ SKC U21 M/W training 7.30 - 9pm @ LEP 1			U21 M/W training U21 v FDS Game 4 7.30 - 9.30pm @ LEP 1		6 Good Friday		
	9	Easter Monday		12				15	School Holidays
					U21 M/W training 7.30 - 9.30pm @ LEP 1				Game v Midlands 1.30pm @ Hamilton
	16			19				22	School Holidays
		U21 M/W training 7.30 - 9pm @ LEP 1			U21 M/W training 7.30 - 9.30pm @ LEP 1				Game v Midlands 2.30-4pm @ LEP
	23		25	26				29	U21 Light week
			Anzac Day					Recovery Session - TBC	
	30			3				6	U21 Taper week
					U21 M/W training 7.30 - 9.30pm @ LEP 1				
May	7		9	10				13	U21 Tournament Hamilton Travel details tbc

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