

# ASHTEAD ALL STARS : 2022-2023 SEASON TRAINING SCHEDULE

## The new season Monday 5th September !!!!

**Term 1** Monday 5th September to Wednesday 7th December 2022, omitting 24th - 28th October for Half Term.

**Term 2** Monday 9th January to Wednesday 29th March 2022, omitting 13th - 17th February for half term

Day	Time	Training	Location
Monday	6 - 7pm	U12 Training	Downsend outside courts
	6 - 7pm	U15 Training	Downsend outside courts
	7 - 8pm	U13 Training	Downsend outside courts
	7 - 8pm	U14 Training	Downsend outside courts
	8 - 9pm	U16 Training	Downsend outside courts
Tuesday	6 - 7pm	U8 Training	Downsend outside (occasionally Therfield SH - TBC)
	6 - 7pm	U9 Training	Downsend outside (occasionally Therfield SH - TBC)
	7 - 8pm	Fitness - TBC	Therfield Sports Hall
	8 - 9pm	Walking Netball	Therfield Sports Hall
Wednesday	6 - 7pm	U10 Training	Downsend outside (occasional use of Downsend SH - TBC)
	7 - 8pm	U11 Training	Downsend outside (occasional use of Downsend SH - TBC)
	6 - 7pm	U14 Squad - Week 1	Therfield Sports Hall
	7 - 8pm	U16 Squad - Week 1	Therfield Sports Hall
	6 - 7pm	U12 Squad - Week 2	Therfield Sports Hall
	7 - 8pm	U15 Squad - Week 2	Therfield Sports Hall
	7 - 8pm	U13 Squad - Week 2	Downsend Sports Hall
	8 - 9.30pm	AAS Adults A/B	Therfield Sports Hall
	8 - 9.30pm	AAS Adults C/D	Downsend Sports Hall
	8 - 9pm	Matchplay	Downsend outside courts

### Wednesday Night Squad Training Schedule

Week 1	Sept 7th
Week 2	Sept 14th
Week 1	Sept 21st
Week 2	Sept 28th
Week 1	Oct 5th
Week 2	Oct 12th
Week 1	Oct 19th
HT	(Oct 24th - 28th)
Week 2	Nov 2nd
Week 1	Nov 9th
Week 2	Nov 16th
Week 1	Nov 23rd
Week 2	Nov 30th
Week 1	Dec 7th
Christmas Break	
Week 2	Jan 11th
Week 1	Jan 18th
Week 2	Jan 25th
Week 1	Feb 1st
Week 2	Feb 8th
HT	(Feb 13th - 17th)
Week 1	Feb 22nd
Week 2	Mar 1st
Week 1	Mar 8th
Week 2	Mar 15th
Week 1	Mar 22nd
Week 2	Mar 29th