**MATCHES & TRAINING JAN/FEB 2020**

**MONDAY 13th JANUARY 2020**

**7am - 9am PERFORMANCE SQUAD S & C MAIDEN CASTLE**

**12 – 1pm DEVS SQUAD S & C (book times with Jamie Knight) MAIDEN CASTLE**

**5pm – 7pm RUGBY TRAINING – ALL TEAMS MAIDEN CASTLE 3G**

**PHYSIO 4pm-5pm ( Fit for Wednesday Players / 7pm- 830pm (email keaysie to book) MAIDEN CASTLE**

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**WEDNESDAY 15th JANUARY 2020**

**1st XV vs TRAINING 4-7pm 3G1 / 3G2 / SPORTS HALL**

**2nd XV vs TRAINING 4-7pm 3G1 / 3G2 / SPORTS HALL**

**3rd XV vs NEWCASTLE 2 HOME KO 1pm 3G**

**4th XV vs NORTHUMBRIA 2 HOME KO 3pm 3G**

**RA 5th / FRESHERS XV DURHAM 20s HOME KO 7pm 3G**

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**THURSDAY 16th JANUARY 2020**

**5 – 6PM PERFORMANCE SQUAD S AND C FLUSH MAIDEN CASTLE**

**5 – 6PM DEVS SQUAD S & C MAIDEN CASTLE**

**630pm- 8pm PHYSIO- TEAMS 2/3/4/5 Only - email keaysie to book MAIDEN CASTLE**

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**FRIDAY 17th JANUARY 2020**

**7AM - 10AM PERFORMANCE SQUAD S & C (Book Times With Jamie Knight) MAIDEN CASTLE**

**12-2pm SPORTS PSYCHOLOGIST - email keaysie to book PALATINE CENTRE**

**5pm – 7pm RUGBY TRAINING – ALL TEAMS MAIDEN CASTLE 3G**

**4-5pm / 7pm- 730pm PHYSIO- 1st XVTEAMS Only - email keaysie to book MAIDEN CASTLE**

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**SATURDAY 18th JANUARY 2020**

**9-1030am S & C DEVS SQUAD MAIDEN CASTLE**

**1030am-12 Noon S & C ELITE GROUPS MAIDEN CASTLE**

**MONDAY 20th JANUARY 2020**

**7am - 9am PERFORMANCE SQUAD S & C MAIDEN CASTLE**

**12 – 1pm DEVS SQUAD S & C (book times with Jamie Knight) MAIDEN CASTLE**

**5pm – 7pm RUGBY TRAINING – ALL TEAMS MAIDEN CASTLE 3G**

**PHYSIO 4pm-5pm ( Fit for Wednesday Players / 7pm- 830pm (email keaysie to book) MAIDEN CASTLE**

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**WEDNESDAY 22nd JANUARY 2020**

**1st XV vs DURHAM CITY HOME KO 7pm DC**

**2nd XV vs LOUGHBOROUGH HOME KO 2pm RACECOURSE**

**3rd XV vs LIVERPOOL 1 AWAY KO 2pm AWAY**

**4th XV vs NEWCASTLE 2 AWAY KO 2pm AWAY**

**RA 5th / FRESHERS XV SUNDERLAND 1 HOME KO 2pm MC/3G**

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**THURSDAY 23rd JANUARY 2020**

**5 – 6PM PERFORMANCE SQUAD S AND C FLUSH MAIDEN CASTLE**

**5 – 6PM DEVS SQUAD S & C MAIDEN CASTLE**

**630pm- 8pm PHYSIO- TEAMS 2/3/4/5 Only - email keaysie to book MAIDEN CASTLE**

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**FRIDAY 24th JANUARY 2020**

**7AM - 10AM PERFORMANCE SQUAD S & C (Book Times With Jamie Knight) MAIDEN CASTLE**

**12-2pm SPORTS PSYCHOLOGIST - email keaysie to book PALATINE CENTRE**

**5pm – 7pm RUGBY TRAINING – ALL TEAMS MAIDEN CASTLE 3G**

**4-5pm / 7pm- 730pm PHYSIO- 1st XVTEAMS Only - email keaysie to book MAIDEN CASTLE**

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**SATURDAY 25th JANUARY 2020**

**9-1030am S & C DEVS SQUAD MAIDEN CASTLE**

**1030am-12 Noon S & C ELITE GROUPS MAIDEN CASTLE**