**TRAINING & MATCH PLANS OCTOBER 2019**

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**MONDAY 7OCTOBER**

**7am - 9am PERFORMANCE SQUAD S & C (book times with Jamie Knight) MAIDEN CASTLE**

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

**5pm -515pm 1st XV MEETING ROOM / 2 / 3 /4 XV CHANGING ROOMS MAIDEN CASTLE**

**515pm – 7pm RUGBY TRAINING MAIDEN CASTLE 3G**

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

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**TUESDAY 8 OCTOBER TEAM MEAL - DC**

**5pm- 6pm MASSAGE - email keaysie to book MAIDEN CASTLE**

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**WEDNESDAY 9 OCTOBER**

**1st XV vs LOUGHBOROUGH AWAY KO 7pm AWAY**

**2nd XV vs EDINBURGH 1 AWAY KO 2pm AWAY**

**3rd XV vs NEWCASTLE 2 AWAY KO 2pm AWAY**

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

**5th /FRESHERS XV BRADFORD 1 HOME KO 2pm RACECOURSE**

**8am - 9am STRAPPING - All teams excluding 1st XV – 1st come first served MAIDEN CASTLE**

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**THURSDAY 10 OCTOBER**

**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 11 OCTOBER**

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

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

**5pm -515pm 1st XV MEETING ROOM / 2 / 3 /4 XV CHANGING ROOMS MAIDEN CASTLE**

**515pm – 7pm RUGBY TRAINING MAIDEN CASTLE 3G**

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

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**SATURDAY 12 OCTOBER**

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

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

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**SUNDAY 13 OCTOBER REST / RECOVERY**

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**MONDAY 14OCTOBER**

**7am - 9am PERFORMANCE SQUAD S & C (book times with Jamie Knight) MAIDEN CASTLE**

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

**5pm -515pm 1st XV MEETING ROOM / 2 / 3 /4 XV CHANGING ROOMS MAIDEN CASTLE**

**515pm – 7pm RUGBY TRAINING MAIDEN CASTLE 3G**

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

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**TUESDAY 15 OCTOBER TEAM MEAL - DC**

**5pm- 6pm MASSAGE - email keaysie to book MAIDEN CASTLE**

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**WEDNESDAY 16 OCTOBER**

**1st XV vs NORTHUMBRIA 2 HOME KO 7pm DC**

**2nd XV vs NOTTINGHAM TRENT 1 HOME KO 2pm RACECOURSE**

**3rd XV vs LIVERPOOL 1 HOME KO 2pm MC**

**4th XV vs NEWCASTLE 2 HOME KO 2pm MC**

**5th /FRESHERS XV SUNDERLAND 1 AWAY KO 3pm AWAY**

**8am - 9am STRAPPING - All teams excluding 1st XV – 1st come first served MAIDEN CASTLE**

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**THURSDAY 17 OCTOBER**

**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 18 OCTOBER**

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

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

**5pm -515pm 1st XV MEETING ROOM / 2 / 3 /4 XV CHANGING ROOMS MAIDEN CASTLE**

**515pm – 7pm RUGBY TRAINING MAIDEN CASTLE 3G**

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

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**SATURDAY 19 OCTOBER**

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

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

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**SUNDAY 20 OCTOBER REST / RECOVERY**

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**MONDAY 21OCTOBER**

**7am - 9am PERFORMANCE SQUAD S & C (book times with Jamie Knight) MAIDEN CASTLE**

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

**5pm -515pm 1st XV MEETING ROOM / 2 / 3 /4 XV CHANGING ROOMS MAIDEN CASTLE**

**515pm – 7pm RUGBY TRAINING MAIDEN CASTLE 3G**

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

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**TUESDAY 22 OCTOBER TEAM MEAL - DC**

**5pm- 6pm MASSAGE - email keaysie to book MAIDEN CASTLE**

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**WEDNESDAY 23 OCTOBER**

**1st XV vs CARDIFF MET HOME KO 7pm DC**

**2nd XV vs LOUGHBOROUGH 2 AWAY KO 2pm AWAY**

**3rd XV vs CUP TBC TBC**

**4th XV vs CUP TBC TBC**

**5th /FRESHERS XV CUP TBC TBC**

**8am - 9am STRAPPING - All teams excluding 1st XV – 1st come first served MAIDEN CASTLE**

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**THURSDAY 24 OCTOBER**

**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 25 OCTOBER**

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

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

**5pm -515pm 1st XV MEETING ROOM / 2 / 3 /4 XV CHANGING ROOMS MAIDEN CASTLE**

**515pm – 7pm RUGBY TRAINING MAIDEN CASTLE 3G**

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

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**SATURDAY 26 OCTOBER**

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

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

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**SUNDAY 27 OCTOBER REST / RECOVERY**

**MONDAY 28OCTOBER**

**7am - 9am PERFORMANCE SQUAD S & C (book times with Jamie Knight) MAIDEN CASTLE**

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

**5pm -515pm 1st XV MEETING ROOM / 2 / 3 /4 XV CHANGING ROOMS MAIDEN CASTLE**

**515pm – 7pm RUGBY TRAINING MAIDEN CASTLE 3G**

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

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**TUESDAY 29 OCTOBER TEAM MEAL - DC**

**5pm- 6pm MASSAGE - email keaysie to book MAIDEN CASTLE**

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**WEDNESDAY 30 OCTOBER**

**1st XV vs SWANSEA AWAY KO 630pm AWAY**

**2nd XV vs LEEDS 1 HOME KO 2pm RACECOURSE**

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

**4th XV vs LIVERPOOL 1 AWAY KO 2pm AWAY**

**5th /FRESHERS XV NEWCASTLE 5 HOME KO 2pm MC**

**8am - 9am STRAPPING - All teams excluding 1st XV – 1st come first served MAIDEN CASTLE**

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**THURSDAY 31 OCTOBER**

**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 1 NOVEMBER**

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

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

**5pm -515pm 1st XV MEETING ROOM / 2 / 3 /4 XV CHANGING ROOMS MAIDEN CASTLE**

**515pm – 7pm RUGBY TRAINING MAIDEN CASTLE 3G**

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

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**SATURDAY 2 NOVEMBER**

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

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

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**SUNDAY 3 NOVEMBER REST / RECOVERY**

**RUGBY WEEKEND OFF – 1/2/3 NOVEMBER**

**No Friday Night or Sat Session then-expected to do your own!!!!!!!!!**

**NOVEMBER / DECEMBER RUGBY TRAINING / MATCHES**

**MONDAY 4 NOVEMBER TRAINING**

**WEDNESDAY 6 NOVEMBER MATCHES**

**FRIDAY 8 NOVEMBER TRAINING**

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**MONDAY 11 NOVEMBER TRAINING**

**WEDNESDAY 13 NOVEMBER MATCHES**

**FRIDAY 15 NOVEMBER TRAINING**

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**MONDAY 18 NOVEMBER TRAINING**

**WEDNESDAY 20 NOVEMBER MATCHES**

**FRIDAY 22 NOVEMBER TRAINING**

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**MONDAY 25 NOVEMBER TRAINING**

**WEDNESDAY 27 NOVEMBER MATCHES**

**FRIDAY 29 NOVEMBER TRAINING /MATCHES**

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**MONDAY 2 DECEMBER TRAINING**

**WEDNESDAY 4 DECEMBER MATCHES**

**FRIDAY 8 DECEMBER TRAINING**

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**MONDAY 9 DECEMBER TRAINING**

**WEDNESDAY 11 DECEMBER MATCHES**

**FRIDAY 13 DECEMBER TRAINING**

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**MONDAY 16 DECEMBER TRAINING**

**WEDNESDAY 18 DECEMBER MATCHES**

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**PRE SEASON JANUARY 2020 S & C 6-8 JANUARY INC / RUGBY 9-10 JAN INC**

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