

Athenry FC **New Astro** Training Timetable 2023-2024

	Monday	Tuesday	Wednesday	Thursday	Friday
5.30 - 6.30	BU14B&C - half pitch BU10 - half pitch	BU12A & B & C & D- half pitch BU11A&B&C - half pitch	GU13A & 13B - half pitch GU10 & 11 - half pitch	BU14B & 14C - half pitch GU 12 A & B- half pitch	5-6.30pm BU11 A & B & C- half pitch GU U10 & GU 11-half pitch
6.30 - 7.30	BU15B&16B - half pitch GU16A- half pitch	BU13 A & B - half pitch BU16A - half pitch	BU15B & 16B - half pitch GU12A & B half pitch	BU13 C & D - half pitch BU13 A & B- half pitch	BU12A&B&C&D - half pitch G13 A & U13 B - half pitch
7.30 - 8.30	BU14A - half pitch BU15A - half pitch	GU14 - half pitch Senior Ladies - half pitch	Goalkeeping Academy GU 15A, U15B, U16 & U17 -half pitch	BU16A - half pitch Youth BU - half pitch	GU16/17 - half pitch Senior Ladies - half pitch
8.30 - 9.30	Over 45's - half pitch Youth BU18A - half pitch	Mens 1st Team - half pitch Mens B & U21 - half pitch	BU 15A - half pitch BU 14A - half pitch	Mens 1st Team - half pitch Mens B & U21 - half pitch	BU17 - half pitch Free- half pitch

Athenry FC **Club House** Astro Training Timetable 2023-2024

	Monday	Tuesday	Wednesday	Thursday	Friday
5.30 - 6.30	BU14B (Half Astro) BU14 C (Half Astro)	BU12 A&B&C (Half Astro) Bu11 A&B&C (Half Astro)	BU10 (Full Astro)	BU14C (Full Astro)	BU11 A&B&C (Full Astro)
6.30 - 7.30	GU12B (Full astro)	BU13C (Full astro)	Reserved (Facilitate training during home games on new astro)		BU12 A&B (Half Astro) BU12 C&D (Half Astro)
7.30 - 8.30		BU17 (Full astro)	Reserved (Facilitate training during home games on new astro)	GU 14 (Full Astro)	Reserved (Facilitate training during home games on new astro)
8.30 - 9.30		Athenry Hockey (Full Astro)	Reserved (Facilitate training during home games on new astro)		Reserved (Facilitate training during home games on new astro)

Please Note:

Matches will take precedence as required with training moving to Clubhouse Astro in these situations

Warm Ups/Warm Downs. Sand based pitch available before & after each session

No warm up on grass before playing on New Astro, use sand or clubhouse astro. Dirty boots will damage astro surface

Please note some teams are using old and new astro at same times for space , (particularly younger age groups)