



Covid Restriction Specific Training Allocations

Day	Time		Team	Field Area
Mon	6.15	7.15	U16G	Field 2 - 50% 1A and 50% 1B
Mon	6.30	7.30	U17/1	Field 2 - 50% 2A and 50% 2B

Tues	5.00	5.45	7 Red	Field 6/7A
Tues	5.30	6.15	7 Blue	Field 6/7B
Tues	5.00	5.45	8 Red	Field 8/9 South
Tues	5.30	6.15	9 Red	Field 8/9 North
Tues	6.30	7.30	U12/4	Field 10/11 North
Tues	6.30	7.30	AA2	Field 1 North (split A and B if required)
Tues	6.30	7.30	U16/1	Field 1 - 50% 2A and 50% 2B
Tues	6.30	7.30	U14/1	Field 2 50% 1A and 50% 1B
Tues	6.30	7.30	U17/2	Field 2 50% 2A and 50% 2B

Wed	5.00	5.45	6 White	Field 6/7A
Wed	6.30	7.30	U17/1	Field 8/9 - 50% South and 50% North
Wed	6.15	7.15	U16G	Field 10/11 - 50% South and 50% North
Wed	6.30	7.30	AAL4	Field 2 North (split 1A and 1B if required)
Wed	6.00	7.00	AA6	Field 2 South (Split 2A and 2B if required)

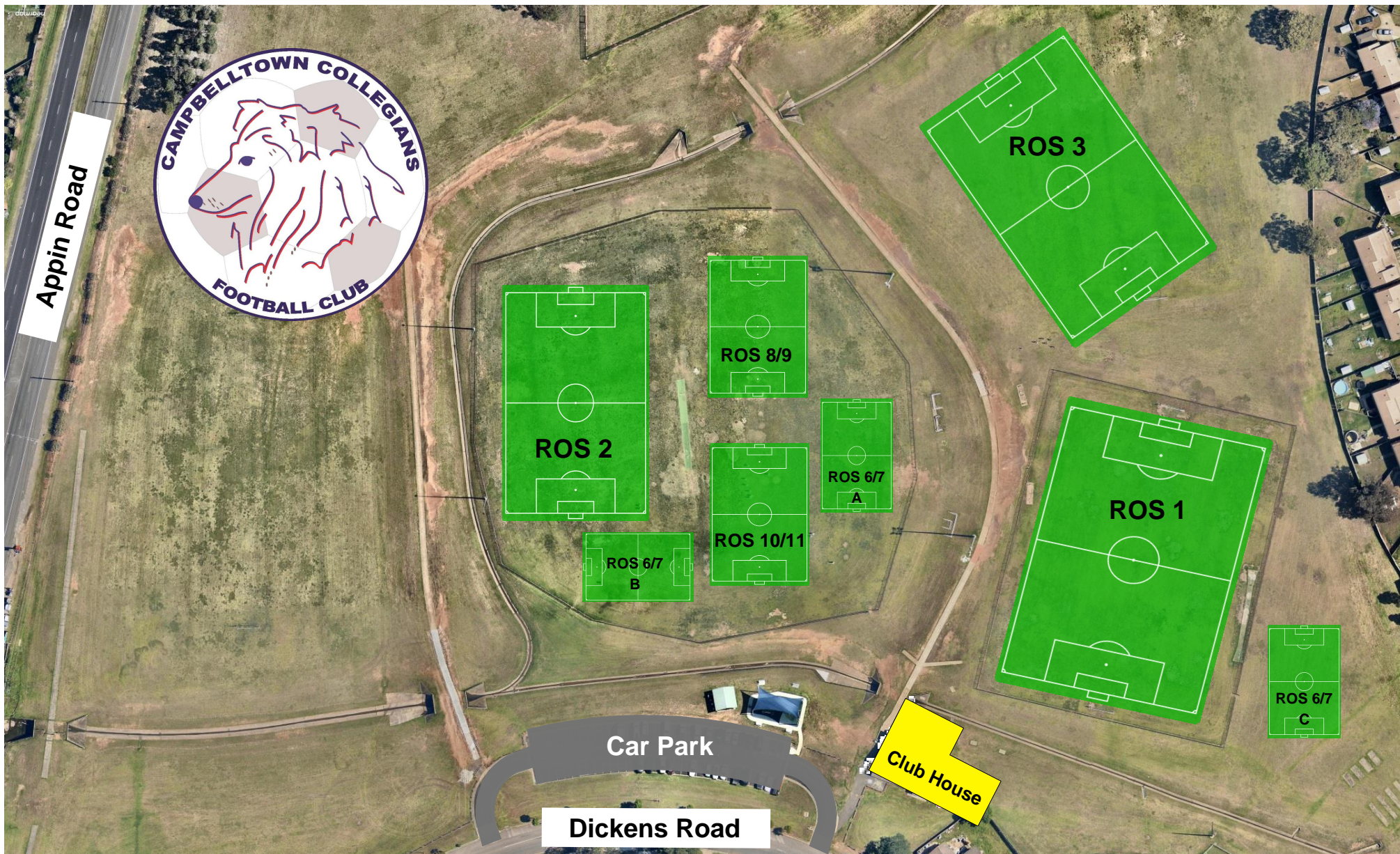
Thur	5.00	5.45	6 Blue	Field 6/7A
Thur	5.00	5.45	6 Red	Field 6/7B
Thur	5.15	6.00	7 White	Field 10/11 North
Thur	5.45	6.30	8 Blue	Field 8/9 South
Thur	5.30	6.15	9 Blue	Field 8/9 North
Thur	6.15	7.00	10 Blue	Field 10/11 South
Thur	6.15	7.00	11 Blue	Field 10/11 North
Thur	6.30	7.15	11 Red	Field 8/9 North
Thu	5.30	6.30	U14/3	Field 2 50% 1A and 50% 1B
Thu	6.45	7.45	U14/1	Field 2 50% 1A and 50% 1B
Thu	6.30	7.30	U16/1	Field 2 50% 2A and 50% 2B

TWO YOUTH/SENIOR TEAMS ARE ALLOCATED ONE FULL PITCH TO TRAIN ON

Each team is allocated half a pitch each, with a further sub-division of each team occurring to ensure that no more than 10 people (players and coaches) are provided the equivalent of a ¼ of a pitch each.

The groups of 10 people should not mix with each other.





Rosemeadow Sports Complex

Dickens Road, Ambarvale New South Wales 2560