

SACS HIGH ASTRO TRAINING TIMES 2023

Monday:

- 06:30 - 7:30 - U19B U16B skills
- 16:00 - 17:15 - U14B; U14C
- 16:15 - 17:15 - mini-turf U16D
- 17:15 - 18:15 - U14D; U15A
- 18:15 - 19:30 - U19A, U16C
- 19:30 - 20:30 - U19E; U19D

VIDEO

- 17:30 - 18:00 - U18's

Tuesday:

- 06:30 - 7:30 - PC Flickers & GKs
- 16:00 - 17:15 - U14A; U14B
- 16:15 - 17:30 - mini-turf U15A
- 17:15 - 18:30 - U16A; U19B
- 18:30 - 19:45 - U19C; U16B

VIDEO

- 15.30 – 15.55 - u14's
- 15:30 - 15:55 - u15's
- 16:30 - 17:00 - u16's

Wednesday:

- 06:30 - 7:30 - U19A; U16A;
- 17:00 - 18:15 - U19D; U19C
- 17:00 - 18:15 - U14C mini-turf
- 18:15 - 19:30 - U14A; U15A

Thursday:

- 06:30 - 7:30 - U14A; U14B; skills
- 16:15 - 17:15 - U16C; U16D
- 16:45 - 17:30 - mini-turf U16E
- 17:15 - 18:30 - U16A; U16B
- 18:30 - 20:00 - U19A, U19B

Friday:

- 06:30 - 07:30 - SACS JUNIOR
- 13:15-14:15 - U16E; U19E
- 13:15-14:15 - mini-turf U14D
- 14:30 - FIXTURES