Ballymena Academy Hockey and Rugby Pre-season

	Gym	Pitch	Gym	Pitch	Gym	Pitch	Gym	Pitch		Gym	Pitch
	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	
Week 1	29-Jul		30-Jul		31-Jul		01-Aug		02-Aug	03-Aug	
9.00-10.00	senior Rugby		Senior Hockey 1	Group 2	senior Rugby		Senior Hockey 1	Group 2		senior Rugby	
10.00-11.00	Medallion		Group 2	Senior Hockey 1	Medallion		Group 2	Senior Hockey 1		Medallion	
week 2	05-Aug		06-Aug		07-Aug		08-Aug		09-Aug	10-Aug	
9.00-10.00	senior Rugby		Senior Hockey 1	Group 2	senior Rugby		Senior Hockey 1	Group 2		senior Rugby	Medallion
10.00-11.00	Medallion		Group 2	Senior Hockey 1	Medallion		Group 2	Senior Hockey 1		Medallion	senior Rugby
	Gym	Pitch	Gym	Pitch	Gym	Pitch	Gym	Pitch		Gym	Pitch
Week 3	12-Aug		13-Aug		14-Aug		15-Aug		16-Aug	17-Aug	
9.00-10.00	senior Rugby	Medallion	Senior Hockey 1	Group 2	senior Rugby		Senior Hockey 1	Group 2		senior Rugby	Medallion
10.00-11.00	Medallion	senior Rugby	Group 2	Senior Hockey 1	Medallion		Group 2	Senior Hockey 1		U14s	senior Rugby
11.00-12.00	U14s	U13s			U13s	U14s					U13s &14s
week 4	19-Aug		20-Aug		21-Aug		22-Aug		23-Aug	24-Aug	
9.00-10.00	senior Rugby	Medallion	Senior Hockey 1	Group 2	senior Rugby					senior Rugby	Medallion
10.00-11.00	Medallion	senior Rugby	Group 2	Senior Hockey 1						U14s	senior Rugby
11.00-12.00	U14s	U13s			U13s	U14s		Medallion			U13s &14s
week 5	26-Aug		27-Aug		28-Aug		29-Aug		30-Aug	31-Aug	
9.00-10.00	senior Rugby	Medallion	Staff		14		8/13/14		8/13/14		
10.00-11.00	Medallion	senior Rugby	*Details for this week will to be confirmed*								
11.00-12.00	U14s	U13s									