



Winter Training times 2016-2017

Please check noticeboard/website for changes etc. or use below contacts

Recommended **13th November**
 Please see website for amendments etc.
 Dates for start and stops are on the website for seasonal activities etc.



Saturday Juniors Outdoor

Monday Ladies Outdoor

Tuesday Mens Outdoor

Wednesdays Juniors Outdoor

Thursdays Ladies Outdoor

Normal training times:
 0845 am til 1000HRS.
 Age Groups - U12 Boys (Years 6&7),
 U12 Girls (Years 6 & 7), U10 Mixed
 (Years 4&5), U8 Mixed (Years 2&3),
 U6 Mixed (Nursery, Reception & Year

Normal training times:
 Ladies
 1900-2030hrs 3s and 4th
 XIs

Normal training times:
 Mens
 1830-2000hrs 3rds to 7ths
 inclusive

 2000hrs to 2200hrs
 1st and 2nd XIs plus invited
 players

U14 Boys and Girls (Years 8
 & 9) 1800hrs til 1915
 U16 Boys and Girls (Years 10
 & 11) 1800hrs til 1915

 Ladies 1s 2000hrs to 2130hrs

Normal training times:
 1900-2030hrs Ladies 2nd
 XIs

Contacts
 Mens Co-Ord. Tim Beggs
[tim@cruise-plus.co.uk-07771811663](mailto:tim@cruise-plus.co.uk)
 Ladies Co-Ord. Kay Parsons
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 Junior Co-Ord. Erin Fuller
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 Head Coach and Development
 Dave Parsons
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Ladies Indoor

1900-2000hrs fitness

Mens Indoor

No Indoor

General enquiries - FOHC_Enquiries@live.co.uk