

**DASC TRAINING PROGRAMME -**  
**SUNDAY 21ST JULY - MONDAY 2ND SEPTEMBER**

DAY	TIME	HOURS	VENUE	SQUAD	COMMENT
<b>Mon pm</b>	6.00-7.30pm	1.5	Longfield	A2	
	7.30-9.00pm	1.5	Longfield	TOP	
<b>Tue am</b>	6.15-7.15am	1	Dolphin Centre	TOP	
<b>Tue pm</b>	5.30-6.30pm	1	Dolphin Centre	B2	
	5.30-7.00pm	1.5	Dolphin Centre	B1	
	5.30-7.00pm	1.5	Dolphin Centre	A3	
	5.30-7.00pm	1.5	Dolphin Centre	A2	
	7.00-9.00pm	2	Dolphin Centre	A1	
	6.45-9.00pm	2.25	Dolphin Centre	TOP	
<b>Wed pm</b>	6.00-7.00pm	1	Longfield	A2	
	6.00-6.55pm	1	Longfield Sports Hall	Land Training	A1 Squad
	7.00-8.30pm	1.5	Longfield	A1	
	7.30-9.00pm	1.5	Dolphin Centre	TOP	
<b>Thu am</b>	6.15-7.15am	1	Dolphin Centre	A1 and A2	
<b>Thu pm</b>	6.00-7.30pm	1.5	Longfield	A3	
<b>Fri am</b>	6.15-7.15am	1	Dolphin Centre	TOP & A1	
<b>Sun pm</b>	4.00-5.00pm	1	Dolphin Centre	B2	
	4.00-5.00pm	1	Dolphin Centre	B1	
	4.00-5.00pm	1	Dolphin Centre	A3	
	4.00-6.00pm	2	Dolphin Centre	A1	
	4.45-7.00pm	2.25	Dolphin Centre	TOP	
	6.00-7.00pm	1	Dolphin Centre	A2	