



# NPLYFC 2018/2019 Winter Training Schedule

Tuesday – Hampton High						
	Pitch 1		Pitch 2		Pitch 3	
18:00 – 18:30	U15 Girls		U11 Sharks	U11 Bulls	U11 Tigers	U7 Atoms
18:30 – 19:00	U15 Girls	U17 Blues				
19:00 – 19:30	U17 Blues		U12 Blues	U12 Yellows	U14 United	
19:30 – 20:00						
20:00 – 20:30	U18					
20:30 – 21:00						

Wednesday – Whitton 3G						
	Pitch 1		Pitch 2		Pitch 3	
18:00 – 18:30	U7 Neurons	U7 Rockets	U8 Cosmos	U8 Atoms		
18:30 – 19:00						
19:00 – 19:30	U13 Cosmos		U13 Neutrons			
19:30 – 20:00					U16 Jets	
20:00 – 20:30						
20:30 – 21:00						

*Goalkeeping Sessions to run ever 2 weeks at Whitton. Pitch to be confirmed on a week by week basis.*

Thursday – Hampton High						
	Pitch 1		Pitch 2		Pitch 3	
18:00 – 18:30	U9 Atoms	U9 Protons	U10 Electrons	U10 Atoms	U10 Neutrons	U10 Protons
18:30 – 19:00						
19:00 – 19:30	U15 Atomics					
19:30 – 20:00						