



InCAS Training Schedule With Coaching Allocation
Proposed Adjusted Timetable commencing 15 August 2011



Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Seniors (8 Hrs min)	The Wing 6.00-8.00pm Coach - TD	R	The Wing 6.00-8.00pm Coach - TD		Lochgelly 4.30-6.30pm Coach - TD/JW	Stirling (Occasional)	Lochgelly 9.00-11.00am Coach - TD
Scottish Squad (10 Hrs)	The Wing 6.00-8.00pm Coach - TD	E	The Wing 6.00-8.00pm Coach - TD	The Wing 6.00-8.00pm Coach - TD	Lochgelly 4.30-6.30pm Coach - TD/JW	Stirling (Occasional)	Lochgelly 9.00-11.00am Coach - TD
Youth National (8 Hrs)	The Wing 6.00-8.00pm Coach - TD	T	The Wing 6.00-8.00pm Coach - TD	The Wing 6.00-8.00pm Coach - TD		Stirling (Occasional)	Lochgelly 9.00-11.00am Coach - TD
Youth (6 Hrs)	The Wing 6.00-8.00pm Coach - TD			The Wing 6.00-8.00pm Coach - TD			Lochgelly 9.00-11.00am Coach - TD
Dolphins (5 Hrs)		D	The Wing 6.00-8.00pm Coach -TD	The Wing 6.00-7.00pm Coach - TD			Lochgelly 9.00-11.00am Coach - TD
Seals (4 Hrs)	The Wing 7.00-8.00pm Coach -TD /JW	A	The Wing 7.00-8.00pm Coach -TD				Lochgelly 9.00-11.00am Coach - TD
Transition (3 Hrs)	The Wing 6.00-7.00pm Coach -JW	Y	The Wing 6.00-7.00pm Coach -JW				Lochgelly 9.00-10.00am Coach - TD