

InCAS Training Schedule With Coaching Allocation
Proposed Adjusted Timetable commencing November 2010 subject to approval

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Seniors (8 Hrs min)	The Wing 6.00-8.00pm Coach - GR	R	The Wing 6.00-8.00pm Coach - GR, DP, TD(1Hr)		Lochgelly 4.30-6.30pm Coach - TD	Lochgelly 1.00-3.00pm Coach - GR, JW, TD (1 Hr)	Stirling (Occasional)
Scottish Squad (10 Hrs)	The Wing 6.00-8.00pm Coach - GR	E	The Wing 6.00-8.00pm Coach - GR, DP, TD(1Hr)	The Wing 6.00-8.00pm Coach - GR	Lochgelly 4.30-6.30pm Coach - TD	Lochgelly 1.00-3.00pm Coach - GR, JW, TD (1 Hr)	Stirling (Occasional)
Youth National (8 Hrs)	The Wing 6.00-8.00pm Coach - GR	T	The Wing 6.00-8.00pm Coach - GR, DP, TD(1Hr)	The Wing 6.00-8.00pm Coach - GR		Lochgelly 1.00-3.00pm Coach - GR, JW, TD (1 Hr)	Stirling (Occasional)
Youth (6 Hrs)	The Wing 6.00-8.00pm Coach - GR			The Wing 6.00-8.00pm Coach - GR		Lochgelly 1.00-3.00pm Coach - GR, JW, TD (1 Hr)	
Dolphins (5 Hrs)		D	The Wing 6.00-8.00pm Coach -GR	The Wing 6.00-7.00pm Coach - GR + Assistance		Lochgelly 1.00-3.00pm Coach - GR, JW, TD (1 Hr)	
Seals (4 Hrs)	The Wing 7.00-8.00pm Coach -GR & JW	A	The Wing 7.00-8.00pm Coach -GR			Lochgelly 1.00-3.00pm Coach - GR, JW, TD (1 Hr)	
Transition (3 Hrs)	The Wing 6.00-7.00pm Coach -GR & JW	Y	The Wing 6.00-7.00pm Coach -GR,TD (1Hr)			Lochgelly 1.00-2.00pm Coach - GR, JW, TD (1Hr)	