

**InCAS Training Schedule  
May 2010**

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Seniors</b>		R	Kirkcaldy 5.30-7.00am The Wing 6.00-8.00pm	HMS Caledonia 5.00 -7.30pm	Lochgelly 4.30-6.30pm	HMS Caledonia 12.45 -2.45pm	
<b>Scottish Seniors</b>	HMS Caledonia 5.00 -7.30pm	E	Kirkcaldy 5.30-7.00am The Wing 6.00-8.00pm	HMS Caledonia 5.00 -7.30pm	Lochgelly 4.30-6.30pm	HMS Caledonia 12.45 -2.45pm	
<b>Scottish Juniors</b>	HMS Caledonia 5.00 -7.30pm	S	The Wing 6.00-8.00pm	HMS Caledonia 5.00 -7.30pm	Lochgelly 4.30-6.30pm	HMS Caledonia 12.45 -2.45pm	
<b>Youth National (8 Hrs)</b>	HMS Caledonia 5.00 -7.30pm	T	The Wing 6.00-8.00pm	HMS Caledonia 6.00 -7.30pm		HMS Caledonia 12.45 -2.45pm	
<b>Youth (6 Hrs)</b>	HMS Caledonia 5.00 -7.30pm			HMS Caledonia 6.00 -7.30pm		HMS Caledonia 12.45 -2.45pm	
<b>Dolphins (5 Hrs)</b>	The Wing 7.00-8.00pm	D		The Wing 6.00-8.00pm		HMS Caledonia 12.45 -2.45pm	
<b>Seals (4 Hrs)</b>	The Wing 7.00-8.00pm	A		The Wing 7.00-8.00pm		HMS Caledonia 12.45 -2.45pm	
<b>Transition (3 Hrs)</b>	The Wing 6.00-7.00pm	Y		The Wing 6.00-7.00pm		HMS Caledonia 12.45 -1.45pm	
<b>Minors (2 Hrs)</b>	The Wing 6.00-7.00pm					HMS Caledonia 12.45 -1.45pm	