

**InCAS Training Schedule
July 2010**

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Seniors (7 Hrs min)	The Wing 6.00-8.00pm	R	Kirkcaldy 5.30-7.00am Kirkcaldy 6.00-8.00pm	The Wing 7.00-9.00pm	Lochgelly 4.30-6.30pm	Lochgelly 1.00-3.00pm	The Wing 9.00-11.00am
Scottish Seniors (13.5 Hrs)	The Wing 6.00-8.00pm	E	Kirkcaldy 5.30-7.00am Kirkcaldy 6.00-8.00pm	The Wing 7.00-9.00pm	Lochgelly 4.30-6.30pm	Lochgelly 1.00-3.00pm	The Wing 9.00-11.00am
Scottish Juniors (12 Hrs)	The Wing 6.00-8.00pm	S	Kirkcaldy 6.00-8.00pm	The Wing 7.00-9.00pm	Lochgelly 4.30-6.30pm	Lochgelly 1.00-3.00pm	The Wing 9.00-11.00am
Youth National (8 Hrs)	The Wing 6.00-8.00pm	T	Kirkcaldy 6.00-8.00pm	The Wing 7.00-9.00pm		Lochgelly 1.00-3.00pm	
Youth (6 Hrs)	The Wing 6.00-8.00pm		The Wing 6.00-8.00pm			Lochgelly 1.00-3.00pm	
Dolphins (5 Hrs)		D	The Wing 7.00-8.00pm	The Wing 6.00-8.00pm		Lochgelly 1.00-3.00pm	
Seals (4 Hrs)		A	The Wing 7.00-8.00pm	The Wing 6.00-7.00pm		Lochgelly 1.00-3.00pm	
Transition (3 Hrs)		Y	The Wing 6.00-7.00pm	The Wing 6.00-7.00pm		Lochgelly 1.00-2.00pm	
Minors (2 Hrs)				The Wing 6.00-7.00pm		Lochgelly 1.00-2.00pm	