



Xmas Training Schedule

December 2010

The training regime for the next few weeks up to and including the festive period is as follows:

Date	Venue	Times / Notes	Squads
Mon 13 Dec	The Wing	6.00 – 8.00pm	As normal
Wed 15 Dec	The Wing	No Training due to Xmas Party at The Wing.	All
Thurs 16 Dec	The Wing	6.00 – 8.00pm	As normal
Fri 17 Dec	Lochgelly	4.30 – 6.30pm	Seniors & Scottish Squad
Sat 18 Dec	Lochgelly	1.00 – 3.00pm	All squads as normal
Mon 20 Dec	The Wing	6.00 – 8.00pm	As normal
Wed 22 Dec	The Wing	Closed for Xmas	
Thur 24 Dec	The Wing	Closed for Xmas	
XMAS !!!!!!!		Merry Christmas to All	
Mon 27 Dec	The Wing	Closed for Xmas	
Tues 28 Dec	Cowdenbeath	10.00am – 12.00 noon	Youth National Squad and upwards.
Wed 29 Dec	Cowdenbeath	10.00am – 12.00 noon	Youth Squad and upwards.
Thurs 30 Dec	Cowdenbeath	10.00am – 12.00 noon	Youth National Squad and upwards.
Fri 31 Dec	Lochgelly	Closed for Xmas	
H A P P Y N E W Y E A R ! ! !			
Sat 1 Jan	Lochgelly	Closed for New Year	
Mon 3 Jan	The Wing	Closed for New Year	
Wed 5 Jan	Training returns to normal schedule for all.		All

May we take this opportunity to wish you and your families a very Merry Christmas and a prosperous New Year for 2011.

Best Wishes
All at InCAS