

InCAS Summer Training Schedule 2008

A revised Summer Training Schedule will commence from Monday 7th July 2008.

GREEN TRAINING FROM 7TH JULY – 28 JULY ONLY.
BLUE TRAINING FROM 7TH JULY - 17TH AUGUST

ALL SUMMER TRAINING WILL BE AT HMS CALEDONIA. VALID PASSES WILL BE REQUIRED FOR **EVERY PERSON** ENTERING THE BASE.

Squad	Monday	Thursday	Saturday
Seniors 6.5hrs	Cally 18 – 20.00	Cally 17 – 19.30	Cally 13 – 15.00
Scottish Nat's 6.5hrs	Cally 18 – 20.00	Cally 17 – 19.30	Cally 13 – 15.00
Scottish Feeder 6.5hrs	Cally 18 – 20.00	Cally 17 – 19.30	Cally 13 – 15.00
Youth/Y. Nat 6hrs	Cally 18 – 20.00	Cally 18 – 19.00	Cally 13 – 15.00
Dolphins 5hrs	Cally 18 – 20.00	Cally 18 – 19.00	Cally 13 – 15.00
Seals 4hrs	Cally 19 – 20.00	Cally 17 – 18.00	Cally 13 – 15.00
Transition 3hrs	Cally 18 – 19.00	Cally 17 – 18.00	Cally 13 – 14.00
Minors 2hrs	Cally 18 – 19.00		Cally 13 – 14.00

SENIORS, SCOTTISH NATIONAL, SCOTTISH FEEDER AND YOUTH SQUADS RESUME NORMAL TRAINING ON MONDAY 17TH OF AUGUST AT HMS CALEDONIA.

DOLPHINS, SEALS, TRANSITION, AND MINORS RESUME NORMAL TRAINING ON THURSDAY 21ST OF AUGUST 2008 AT THE WING.