

## **National Training for March and April 2014**

DATE	TIME	TEAM
Friday March 7	6:30 – 8:00 am	National Squad
Saturday March 8	6:30 am- 8:45 am	National Squad
	3:00pm to 5:00 pm	_
Friday March 14	3:45 -5:30 pm	CARIFTA Team
Monday March 17	5:15am- 6:45 am	CARIFTA Team
Tuesday March 18	4:00 – 6:00 pm	Physio checks
		(CARIFTA Team)
Thursday March 20	3:45pm- 6:00pm	CARIFTA Team
Thursday March 20	4:00 – 6:00 p.m.	Physio checks
		(CARIFTA Team)
Tuesday March 25	5:15am-6:45 am	CARIFTA Team
Tuesday March 25	4:00 – 6:00 p.m.	Physio checks
		(CARIFTA Team)
Saturday March 29	6:30 am – 8:45 am	National Squad
Tuesday April 1	5:15 am-6:45 am	CARIFTA Team
Tuesday April 1	4:00 – 6:00 pm	Physio checks
		(CARIFTA Team)
Saturday April 5	6:30 – 8:45 am	CARIFTA Team
Monday April 7	3:45 – 6:00 pm	CARIFTA Team
Wednesday April 9	5:15 – 6:45 am	CARIFTA Team
Friday April 11	3:45 – 6:00 pm	Junior Squad
Tuesday April 15	5:15 – 6:45 am	CARIFTA Team
Tuesday April 15	4:00 – 6:00 pm	Physio checks
		(CARIFTA Team)
Wednesday April 16	3:45 – 6:00 pm	CARIFTA Team
Thursday April 17	3:45 – 6:00 pm	CARIFTA Team
Friday April 18	4:00 – 6:00 pm	CARIFTA Team
Saturday April 19	6:30 – 9:00 am	CARIFTA Team

<sup>\*\*</sup>Arrangements are being made to set a date for medical checks. You will be informed of the date and time.

SCHEDULE IS SUBJECT TO CHANGE