

## Appendix A – Synchro Training Timetable

Day	Location	Mini Synchro	Novices	Improvers	12 & Under	13 - 14	Squad 15 - 18
Tuesday	Leisure@ Cheltenham	6:00 – 7:00PM		7:00 – 8:15PM*	7:00 – 8:15PM*	7:00 - 8:15PM Grade 1 – 2*  7:40 – 9:00PM Grade 3+**	7:00 - 8:15PM Grade 1 – 2*  7:40 – 9:00PM Grade 3+**
Thursday	(Leisure@ Cheltenham)				7:00 – 8:00PM Land training (located in Atrium)	7:00 - 9:15PM***	7:00 - 9:15PM***
Friday	GL1 Gloucester				7:30 – 8:30PM	7:30 – 9:00PM Div 1 Team*****  7:30 – 9:30PM Div 2 Team****	7:30 – 9:30PM Team Training****
Sunday	Dean Close School Cheltenham		6:30 – 7:30PM	6:30 – 7:30PM	6:30 – 8:00PM Team*****	8:00 – 9:30PM	8:00 – 9:30PM
Notes				Compulsory to attend both sessions	Compulsory to attend at least 2 sessions per week including Tuesday	Compulsory to attend at least 2 sessions per week including either Tuesday or Thursday	Compulsory to attend at least 2 sessions per week including either Tuesday or Thursday

\* Includes 15 minutes land training at end of session. \*\* Includes 20 minutes land training at start of session. \*\*\* Includes 60 minutes of land training at start of session (located in Atrium). \*\*\*\* Includes 30 minutes walkthrough at start of session from January 2018 onwards.