

Day	Date	National	National Sprint	Age Perf	Age Development	Camp	
Tuesday	1	no training - New Years Day					
Wednesday	2	7.00-9.00am (EC) & 3.30-5.30pm (EC)			9.00-10.30am (EC) incl.S7 & 5.30-7.00pm (EC)		
Thursday	3	7.00-9.00am (EC) & 3.30-5.30pm (EC)			5.30-7.00 pm (EC)		
Friday	4	7.00-9.00am (EC) & 3.30-5.30pm (EC)			9.00-10.30am (EC) incl.S7 & 5.30-7.00pm (EC)		
Saturday	5	6.30-8.00am (EP)			7.00-9.00am (EC)		
Sunday	6	5.00-7.00pm (EC)			3.30-5.00pm (EC)		boarders return
Monday	7						
Tuesday	8						
Wednesday	9						
Thursday	10						
Friday	11		pm travel to Derby	pm travel to Derby	am as usual, 4.20-5.45pm water (EC), 6-6.45pm land	City of Derby (pm)	
Saturday	12	6.30-8.45am (EC)	Derby	Derby	6.30-8.00am (EP)	City of Derby (AP, NS, nat non Flanders)	
Sunday	13	off	Derby	Derby		City of Derby	
Monday	14						
Tuesday	15						
Wednesday	16						
Thursday	17						
Friday	18	am as usual, pm fly or training as usual	5-5.45pm (land) & 5.45-7.45pm (water) (EC)		am as usual, 4.20-5.45pm water (EC), 6-6.45pm land incl. S7	travel Friday pm	
Saturday	19	6.30-8.45am & 3.30-5.30pm (water EC)		6.30-8.45am (water EC)	8.45-10.45am (water EC)	Flanders Cup (nat)	
Sunday	20	off			Counties	Flanders Cup/ Counties (AD)	
Monday	21	off (am)			6.30-8.00am (EC)	return Monday pm	
Tuesday	22						
Wednesday	23						
Thursday	24						
Friday	25					Exeat	
Saturday	26		no land & no pm		Counties	Exeat/Counties (AD)	
Sunday	27		4.30-6.45pm (EC)		Counties	Exeat/Counties (AD)	
Monday	28						
Tuesday	29						
Wednesday	30					Senior&middle school house cross country 3.15pm	
Thursday	31						