

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	Mon AM with NAT / PM normal					
Tuesday	15						
Wednesday	16						
Thursday	17						
Friday	18	am as usual, pm fly or tra	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 (water EC)			8.45-10.45am (water EC)	Flanders Cup (nat)	
Sunday	20	off			Counties	Flanders Cup/ Counties (AD)	
Monday	21	off (am), no land pm	pm @ EC 6.15-7.45pm		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	1.15-2.45pm (Packed Lunch)					Senior&middle school house cross country 3.15pm
Thursday	31						