



Heart of Midlothian ASC

Training Schedule – 2021 / 2022 Season

23rd August - AP reopening



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TIER 1	RCP 0530-0730	Drumbrae 1800-1930	RCP 0530-0730 RCP 1800-2000		RCP 0530-0730 Drumbrae 1800-1945	RCP TP 0530-0730	
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Queensferry High 1845-2015	RCP 0530-0730			RCP 1730-1930
TIER 3	RCP TP 0600-0730	RCP 1930-2100	Queensferry High 1845-2015	RCP 0530-0730			RCP TP 1700-1815
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1730-1845
TIER 5			Forrester 1800-1900				Drumbrae 1630-1730
TIER 6	Forrester 1800-1900				Forrester 1800-1900		
SWIFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2045			Drumbrae 1930-2045		RCP TP 1815-1930



Hearts...beat faster

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Training Schedule – 2021 / 2022 Season

AP reopening onwards



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TIER 1	RCP 0530-0730	Drumbrae 1800-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1730-1930	RCP 0530-0730 Drumbrae 1800-1930	RCP 0600-0800	
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730			RCP 1730-1930
TIER 3		RCP 1930-2100	Queensferry High 1845-2015	RCP 0530-0730	Drumbrae 1930-2045		RCP TP 1700-1815
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Drumbrae 1730-1845
TIER 5			Forrester 1800-1900				Drumbrae 1630-1730
TIER 6	Forrester 1800-1900				Forrester 1800-1900		
SWIFT	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2045		Ainslie Park 1930-2045			RCP TP 1815-1930



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