



# Heart of Midlothian ASC

## Training Schedule – August 2023



	Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th	Saturday 26th	Sunday 27th
TIER 1	RCP 0530-0730	Drumbrae Land 1800-2000	RCP 0530-0730  RCP 1800-2000	RCP 0530-0730  Ainslie Park 1730-1930	RCP 0530-0730  Drumbrae Land 1800-2000		
TIER 2		RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730	RCP TP 0530-0730	RCP 1730-1930
TIER 3		RCP 1930-2100	Queensferry High 1900-2030	RCP 0530-0730	RCP 0530-0730  Drumbrae Land 1830-2000	RCP TP 0530-0730	RCP TP 1715-1830
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Glenogle 1600-1700
TIER 5			Forrester 1800-1900				Glenogle 1500-1600
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	Forrester 2015-2115		Forrester 2015-2115	Ainslie Park 1930-2045			RCP TP 1830-1945





# Heart of Midlothian ASC

## Training Schedule – August / September 2023



	Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 31st	Friday 1st	Saturday 2nd	Sunday 3rd
<b>TIER 1</b>	RCP 0530-0730	Drumbrae Land 1800-2000	RCP 0530-0730  RCP 1800-2000	RCP 0530-0730  Ainslie Park 1730-1930	RCP 0530-0730  Drumbrae Land 1800-2000		
<b>TIER 2</b>	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730		RCP 1730-1930
<b>TIER 3</b>	RCP TP 0600-0730	RCP 1930-2100	Queensferry High 1900-2030	RCP 0530-0730	RCP 0530-0730  Drumbrae Land 1830-2000		RCP TP 1715-1830
<b>TIER 4</b>	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Glenogle 1600-1700
<b>TIER 5</b>			Forrester 1800-1900				Glenogle 1500-1600
<b>TIER 6</b>	Forrester 1800-1900				Forrester 1800-1900		
<b>SwiFT</b>	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson	Forrester 2015-2115		Forrester 2015-2115	Ainslie Park 1930-2045			RCP TP 1830-1945



# Heart of Midlothian ASC

## Training Schedule – September 2023



	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
TIER 1	RCP 0530-0730	Drumbrae Land 1800-2000	RCP 0530-0730  RCP 1800-2000	RCP 0530-0730  Ainslie Park 1730-1930	RCP 0530-0730  Drumbrae Land-1800-2000		
TIER 2	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730	RCP TP 0530-0730	RCP 1730-1930
TIER 3	RCP TP 0600-0730	RCP 1930-2100	Queensferry High 1900-2030	RCP 0530-0730	RCP 0530-0730  Drumbrae Land-1830-2000	RCP TP 0530-0730	RCP TP 1715-1830
TIER 4	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Glenogle 1600-1700
TIER 5			Forrester 1800-1900				Glenogle 1500-1600
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	Forrester 2015-2115		Forrester 2015-2115	Ainslie Park 1930-2045			RCP TP 1830-1945



# Heart of Midlothian ASC

## Training Schedule – September 2023



	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
<b>TIER 1</b>	RCP 0530-0730	Drumbrae Land 1800-2000	RCP 0530-0730  RCP 1800-2000	RCP 0530-0730  Ainslie Park 1730-1930	RCP 0530-0730  Drumbrae Land 1800-2000		
<b>TIER 2</b>	RCP TP 0600-0730	RCP 1930-2100	Ainslie Park 1730-1930	RCP 0530-0730	RCP 0530-0730	RCP TP 0530-0730	RCP 1730-1930
<b>TIER 3</b>	RCP TP 0600-0730	RCP 1930-2100	Queensferry High 1900-2030	RCP 0530-0730	RCP 0530-0730  Drumbrae Land 1830-2000	RCP TP 0530-0730	RCP TP 1715-1830
<b>TIER 4</b>	Forrester 1900-2015		Forrester 1900-2015		Forrester 1900-2015		Glenogle 1600-1700
<b>TIER 5</b>			Forrester 1800-1900				Glenogle 1500-1600
<b>TIER 6</b>	Forrester 1800-1900				Forrester 1800-1900		
<b>SwiFT</b>	Forrester 2015-2115		Forrester 2015-2115		Forrester 2015-2115		Various Options agree with Head Coach
<b>Masters</b> Lead Coaches: Andrew Maguire Andrew Hutchinson	Forrester 2015-2115		Forrester 2015-2115	Ainslie Park 1930-2045			RCP TP 1830-1945

