

Training Times

Group	Date/Time	Date/Time	Date/Time	Coaches	Date/Time	Date/Time
Under 13 Skill Set 1 King Williams College	Monday 18:00 - 19:00 November 4,11,18,25	Monday 18:00 - 19:00 December 2,9,16		SG, MH, OH, MW	Monday 18:00 - 19:00 January 20,27	Monday 18:00 - 19:00 February 3,10
Under 13 Skill Set 1 NSC Secondary Hall					Saturdays 12:00 - 13:30 January 11,18,25	Saturdays 12:00 - 13:30 February 1,8
Under 13 Skill Set 2 King Williams College	Wednesday 18:00 - 19:00 November 6,13,20,27	Wednesday 18:00 - 19:00 December 4,11,18		GW, WW, CS	Wednesday 18:00 - 19:00 January 22,29	Wednesday 18:00 - 19:00 February 5,12
Under 13 Skill Set 2 NSC Secondary Hall					Saturdays 13:30 - 15:00 January 11,18,25	Saturdays 13:30 - 15:00 February 1,8
Under 15 King Williams College	Wednesday 19:00 - 20:00 November 6,13,20,27	Wednesday 19:00 - 20:00 December 4,11,18		GW, WW, CS, MW, MA	Wednesday 19:00 - 20:00 January 22,29	Wednesday 19:00 - 20:00 February 5,12
Under 15 NSC Secondary Hall					Saturdays 16:00 - 18:00 January 11,18,25	Saturdays 16:00 - 18:00 February 1,8
Under 17 King Williams College	Monday 19:00 - 20:00 November 4,11,18,25	Monday 19:00 - 20:00 December 2,9,16		SG, MH, MA	Monday 19:00 - 20:00 January 20,27	Monday 19:00 - 20:00 February 3,10
Under 17 NSC Secondary Hall					Saturdays 18:00 - 20:00 January 11,18,25	Saturdays 18:00 - 20:00 February 1,8
EPP IOM Sports Institute Gym	Thursday 18:00 - 19:00 October 17,24,31	Thursday 18:00 - 19:00 November 7,14,21,28	Thursday 18:00 - 19:00 December 5,12,19	NK, GW, MA	Thursdays 18:00 - 19:00 January 9,16,23,30	Thursday 18:00 - 19:00 February 6,13,20,27
EPP NSC Secondary Hall	Fridays 06:15 - 08:15 November 1,8,15,22,29	Fridays 06:15 - 08:15 December 6,13,20			Fridays 06:15 - 08:15 January 10,17,24,31	Fridays 06:15 - 08:15 February 7,14,21,28
National Team IOM Sports Institute Gym	Thursday 19:00-20:00 October 17,24,31	Thursday 19:00-20:00 November 7,14,21,28	Thursday 19:00-20:00 December 5,12,19	NK, GW, PL	Thursdays 19:00 - 20:00 January 9,16,23,30	Thursdays 19:00 - 20:00 February 6,13,20,27
National Team NSC Secondary Hall					Thursdays 20:00 - 22:00 January 9,16,23,30	Thursdays 20:00 - 22:00 February 6,13,20,27
Girls Development NSC Secondary Hall					Saturdays 15:00 - 16:00 January 11,18,25	Saturdays 15:00 - 16:00 February 1,8

Group	Date/Time	Date/Time	Important Notes	Date/Time	Date/Time	Date/Time
Under 13 Skill Set 1 King Williams College			Phase 2 Selection Players notified w/c Feb 17 training recommences w/c Feb 24	Monday 18:00 - 19:00 February 24	Monday 18:00 - 19:00 March 2,9,16,23,30	
Under 13 Skill Set 1 NSC Secondary Hall			Phase 2 Selection Players notified w/c Feb 17 training recommences w/c Feb 24	Saturdays 12:00 - 14:00 February 29	Saturdays 12:00 - 14:00 March 7,14,21,28	Saturdays 12:00 - 14:00 April 4
Under 13 Skill Set 2 King Williams College			Phase 2 Selection Players notified w/c Feb 17 training recommences w/c Feb 24	Wednesday 18:00 - 19:00 February 26	Wednesday 18:00 - 19:00 March 4,11,18,25	Wednesday 18:00 - 19:00 April 1
Under 13 Skill Set 2 NSC Secondary Hall			Phase 2 Selection Players notified w/c Feb 17 training recommences w/c Feb 24	Saturdays 12:00 - 14:00 February 29	Saturdays 12:00 - 14:00 March 7,14,21,28	Saturdays 12:00 - 14:00 April 4
Under 15 King Williams College			Phase 2 Selection Players notified w/c Feb 17 training recommences w/c Feb 24	Wednesday 19:00 - 20:00 February 26	Wednesday 19:00 - 20:00 March 4,11,18,25	Wednesday 19:00 - 20:00 April 1
Under 15 NSC Secondary Hall			Phase 2 Selection Players notified w/c Feb 17 training recommences w/c Feb 24	Saturdays 16:00 - 18:00 February 29	Saturdays 16:00 - 18:00 March 7,14,21,28	Saturdays 16:00 - 18:00 April 4
Under 17 King Williams College				Monday 19:00 - 20:00 February 24	Monday 19:00 - 20:00 March 2,9,16,23,30	
Under 17 NSC Secondary Hall				Saturdays 18:00 - 20:00 February 29	Saturdays 18:00 - 20:00 March 7,14,21,28	Saturdays 18:00 - 20:00 April 4
EPP IOM Sports Institute Gym	Thursday 18:00 - 19:00 March 5,12,19,26					
EPP NSC Secondary Hall	Fridays 06:15 - 08:15 March 6,13,20,27	Fridays 06:15 - 08:15 April 3	Full Training Day Feb 22nd 12:00 - 20:00			
National Team IOM Sports Institute Gym	Thursdays 19:00 - 20:00 March 5,12,19,26					
National Team NSC Secondary Hall	Thursdays 20:00 - 22:00 March 5,12,19,26		Full Training Day Feb 15th 12:00 - 20:00			
Girls Development NSC Secondary Hall				Saturdays 14:30 - 16:00 February 29	Saturdays 14:30 - 16:00 March 7,14,21,28	Saturdays 14:30 - 16:00 April 4

Group	Coaches
Under 13 Skill Set 1 King Williams College	SG, MW, OH, MH
Under 13 Skill Set 1 NSC Secondary Hall	SG, OH, MW
Under 13 Skill Set 2 King Williams College	CS, WW
Under 13 Skill Set 2 NSC Secondary Hall	SG, WW GW (selected players certain weeks)
Under 15 King Williams College	CS, WW, MW
Under 15 NSC Secondary Hall	SG, CS, WW, MW, MH, GW (selected players certain weeks)
Under 17 King Williams College	GW, MA, SG, MH
Under 17 NSC Secondary Hall	GW, MA, NK, CS
EPP IOM Sports Institute Gym	NK, MA, GW
EPP NSC Secondary Hall	GW, SG, MW
National Team IOM Sports Institute Gym	NK, PL, GW
National Team NSC Secondary Hall	GW, PL
Girls Development NSC Secondary Hall	SG, MH, BM