

# LORETO FOXROCK HOCKEY



## August 2022

- Players are encouraged to attend these sessions as much as possible if in Dublin and not away with families (Do not change travel plans)
- Conditioning will be part of the daily sessions
- Please encourage participation HEALTHY BODY - HEALTHY MIND

## WEEKLY SCHEDULE 8 - 25 AUGUST 2022

	2.30pm - 4.00pm	4.00pm - 5.30 pm
<b>Monday</b>	Minors	Seniors
<b>Tuesday</b>	Juniors	
<b>Wednesday</b>	Minors	Seniors
<b>Thursday</b>	Juniors	
<b>Friday</b>	Minor Trial Games	Senior Trial Games
<b>Saturday</b>	Junior Trial Games (9.00-11.00am)	

Age groups are for NEW ACADEMIC YEAR (2022)  
Incoming First year training will commence after sports induction day