Halloween Training- Development, National, Senior Comps and Extra Sessions for Junior Comps (Must still be doing 3 with Paul)							
	Mon 31st Oct	Tues 1st Nov	Wed 2nd Nov	Thurs 3rd Nov	Fri 4th Nov	Sat 5th Nov	Sun 6th Nov
AM	9-11 am	5.30-7.30	9-11 am	5.30-7.30	5.30-7.30	As Normal	
	Templemore	Templemore	Templemore	Templemore	Avoniel	As Normal	
PM	5-7 pm	As Normal	As Normal	As Normal	6-7- Starts		As Normal
	Templemore	As Normal	As Normal	As Normal	Templemore		As Normal

Extra sessions on for Halloween, effectively a training camp but without the expense of going away!!
As Normal Sessions for their normal squads only, there isn't enough space to expand.
This is the start of a real focus towards Ulster Championships and Irish Short course nationals, give yourself an extra boost for those competitions!