

**PRESENT TRAINING TIMES NOTIFICATION
RECEIVED FROM COACH DAVE THOMAS**

The group are having a training break for a couple of weeks, and there will be NO throws or sprint coaching on any day until MONDAY 8th OCTOBER.

This will effectively mark the start of winter training, when the following times will apply.

THROWERS – Will start at 5.45pm, and SPRINTERS will start at 6.15pm.

WEDNESDAY'S, the same times will apply.