

Week 13			
Monday 27th March	5:30pm to 7pm	Skills & Development	Mia Harty
	6pm to 8pm (Renmore)	Competitive SNR & Performance	Isolde Hannon
Wednesday 29th March	5:45am to 7:15am	Competitive SNR, Performance & Endurance	Miriam Roland
	5:45pm to 7:15pm	Skills, Development & Competitive JNR	Sarah Young
Thursday 30th March	5:45am to 7:15am	Performance & Endurance	Leah Maguire
Friday 31st March	5:45am to 7:15am	Competitive, Performance & Endurance	Ellie Flanagan
Sunday 2nd April	8:30sm to 10:30am	Development & Competitive JNR Competitive SNR, Performa	Mia Mc Quire
Week 14			
Monday 3rd April	6pm to 8pm (Renmore)	Competitive SNR & Performance	Nessa Mangan.
Wednesday 5th April	7am to 8.30am (later time)	Competitive & Performance	Milly Costello
Thursday 6th April	5:45am to 7:15am	Competitive & Performance	No Training
Friday 7th April	5:45am to 7:15am	Competitive & Performance	Hannah Boyle
Sunday 9th April	8:30am to 10:30am	Competitive & Performance	No Training Easter Sunday.
Week 15			
Monday 10th April	3pm to 5pm (Renmore)	Competitive SNR & Performance	Miriam Roland
Wednesday 12th April	6:15am-7:45am	Competitive & Performance	Thomas Davey
Thursday 13th April	6:15am-7:45am	Competitive & Performance	Lily Darabi
Friday 14th April	6:15am-7:45am	Competitive & Performance	John Shortt
Sunday 16th April	8:30am to 10:30am	Competitive & Performance	No Training - Gala Claremorris
Week 16			
Monday 17th April	5:30pm to 7pm	Skills & Development	Aoilean O'Connor
	6pm to 8pm (Renmore)	Competitive SNR & Performance	Ethan Lourens
Wednesday 19th April	5:45am to 7:15am	Competitive SNR, Performance & Endurance	Thomas Davey
	5:45pm to 7:15pm	Skills, Development & Competitive JNR	Blanka Cygan
Thursday 20th April	5:45am to 7:15am	Performance & Endurance	Grace McIntarney
Friday 21st April	5:45am to 7:15am	Competitive, Performance & Endurance	Leah Furey
Sunday 23rd April	8:30sm to 10:30am	Development & Competitive JNR Competitive SNR, Performa	No training Gala. Athlone
Week 17			
Monday 24th April	5:30pm to 7pm	Skills & Development	Ciara O'Neill
	6pm to 8pm (Renmore)	Competitive SNR & Performance	Miriam Roland
Wednesday 26th April	5:45am to 7:15am	Competitive SNR, Performance & Endurance	Isolde Hannon
	5:45pm to 7:15pm	Skills, Development & Competitive JNR	Michael McDonagh
Thursday 27th April	5:45am to 7:15am	Performance & Endurance	Mily Costello
Friday 28th April	5:45am to 7:15am	Competitive, Performance & Endurance	Ellie Flanagan
Sunday 30th April	8:30sm to 10:30am	Development & Competitive JNR Competitive SNR, Performa	Laura Fraser