



## ENGLAND LADIES PREPARATION PLAN 2010

ISSUE 3 – 07/07/10

DATE	DAY	DESCRIPTION	PLACE	HOURS
18/07/10	Sunday	National Training Weekend	Bushfields	10:00 – 13:00
19/07/10	Monday	Announcement Seniors Final Squad		
13/08/10 14/08/10 15/08/10 16/08/10	Friday Saturday Sunday Monday	Summer Camp 2 Preparation for both teams	Ross Peers Soham	09:00 – 18:00
17/08/10	Tuesday	Announcement Under 20 Final Squad		
22/08/10	Sunday	National Training Weekend	Bushfields	TBC
28/08/10	Saturday	Final Squads Training (both)	Soham	11:30 – 14:00
29/08/10	Sunday	Final Squads Training (both)	Soham	09:00 – 11:00
12/09/10	Sunday	Training Senior Final Squad	Soham	12:00 – 14:30
19/09/10	Sunday	National Training Weekend	Bushfields	TBC
24/09/10	Friday	Departure to Madrid	Luton	Departure– 17:50 Arrive– 21:20
25/09/10  To	Saturday  To	Ladies Seniors World Championship	Alcobendas Madrid Spain	Program TBC
02/10/10	Saturday			
03/10/10	Sunday	Return to England (Luton)	Madrid	Departure– 11:35 Arrive– 13:00
16/10/10	Sunday	Training Under 20 Final Squad	Bushfields	18:00 – 21:00 ?
17/10/10	Sunday	National Training Weekend	Bushfields	TBC
18/10/10	Monday	Travelling by Mini-bus or Fly Depending on to arrange training and warm up games in Darmstadt	TBC	TBC
20/10/10 To	Wednesday To	Ladies Under 20 European Championship	Darmstadt Germany	Program TBC
25/10/10	Sunday			
25/10/10	Sunday	Return to England	Darmstadt	TBC