

Newport High School Junior Academy

WK A

WEEKLY ITINERARY

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	08.15 am Front row clinic (indoor)	Game Day	10am - 12pm 1 to 1 reviews	9am - 10am 1 to 1 reviews		
RODNEY	SCHOOL	13.20 Meet	SCHOOL	RODNEY		
1.10 Bus leaves		14.30 kick off	2- 3pm ALL			
1.30GYM	2pm START	Llandrillo Home	REVIEW	14.00 Rugby		
1.30 UNITS	3pm Finish			School pitch		
2.15 Break	3pm 8 players to coach Tier 1					
2.30 Gym Backs	4pm fininsh					
2.30 Units						
	1 - 1 with A. Pope during the day			GOLD / SILVER GYM AND Rodney Parade		
GOLD AND SILVER YSTRAD						

Area	Kit Requirements	Notes/Comments
		<b>NB: Bring food and water to eat in between sessions at Rodney Parade and after ALL sesions on the sche</b>
Injuries		L Brown (shoulder), S Lewis (shoulder), H Ashby (left shoulder), Max Williams (concussion), J. Rosser (concussio
		C Spiller (bicep), W Langley (Quad)