

Newport High School Junior Academy

WK B

WEEKLY ITINERARY

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		Game Day				
			10am - 12pm 1 to 1 reviews	9am - 10am 1 to 1 reviews		
NCE	SCHOOL	13.20 Meet	SCHOOL	RODNEY PARADE		
11.45 BUS		14.30 kick off		13.10 BUS		
12.45 TESTING	14.00pm START	GOWER Home	13.15 POOL	13.45 GYM Backs		
	15.00pm Finish			13.45 PHYSIO		
	3pm 8 players to coach Tier 1			Forwards		
				14.45 GYM Forwards		
	16.00pm fininsh		14.00 - 15.00pm	14.45 PHYSIO		
			ALL WELSH BAC	Backs		
				15.40 FINISH		
GOLD AND SILVER YSTRAD				GOLD / SILVER GYM AND RUGBY		
				Rodney Parade		

Area	Kit Requirements	Notes/Comments
		NB: Bring food and water to eat in between sessions at Rodney Parade and after ALL sesions on the schedule
Injuries		L Brown (shoulder), S Lewis (shoulder), H Ashby (left shoulder), Max Williams (Hamstring),
		J. Rosser (Concussion), C Spiller (bicep), W Langley (Quad) J Goodchild (Knee), A Pope (Shoulder),
		I Hancock (Mouth), J Lewis (Knee),