



# ABINGDON

From Director of Rugby: Matt Gold

4 July 2024

## Rugby Club pre-season 2024

Date:	Activity:	Timings:	Venue:
<b>Monday 19th August</b>	U18 pre-season training	0830 - 11:30	Abingdon S&C suite Waste Court
<b>Tuesday 20th August</b>	U18 pre-season training	0830 - 11:30	Abingdon S&C suite Waste Court
<b>Wednesday 21st August</b>	U18 pre-season training	0830 - 11:30	Abingdon S&C suite Waste Court
<b>Thursday 22nd August</b>	U18 pre-season training	0830 - 11:30	Abingdon S&C suite Waste Court
<b>Tuesday 27th August</b>	U16 pre-season training	0830 - 1000 1000 - 1130	Abingdon S&C suite Waste Court
	U18 pre-season training	1000 - 1200 1130 - 1330	Abingdon S&C suite Waste Court
<b>Wednesday 28th August</b>	U14 pre-season training	0900 - 1100	War Memorial Field
	U15 pre-season training	1130 - 1330	Waste Court
	U16 pre-season training	1200 - 1315 1330 - 1515	Abingdon S&C suite Waste Court
<b>Thursday 29th August</b>	U14 pre-season training	0900 - 1100	War Memorial Field
	U15 pre-season training	1130 - 1330	Waste Court
	U18 pre-season training	1200 - 1400 1330 - 1515	Abingdon S&C suite Waste Court

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<b>Saturday 31st August</b>	U14 pre-season training	0900 - 1100	War Memorial Field
	Touchliners organised U14 BBQ (Sodexo catering)	1115 - 1145	Side of Waste Court
	U15 pre-season training	0900 - 1100	Lower Field 1 & Upper Field
	U16 pre-season training	0830 - 0945	Fitness Suite
	Seniors v Bloxham (selected squad)	1000 - 1100	Lower Field 2
		1100 KO	Waste Court
		0930 meet	