



CLAREMONT FAN COURT SCHOOL

PRE-SEASON SPORTS TRAINING INFORMATION AUTUMN TERM 2024

Date	Session 1: 2.30pm - 4pm	Session 2: 4pm - 5pm
Tuesday 27 August	Year 11 - 13 senior Rugby	-
Wednesday 28 August	Year 11 - 13 senior Rugby	-
Thursday 29 August	Year 11 - 13 senior Rugby	-
Friday 30 August	Year 11 - 13 senior Rugby	-
Saturday 31 August	-	-
Sunday 1 September	-	-
Monday 2 September	Year 8 Rugby	Year 11 - 13 senior Rugby
Monday 2 September	Year 10 and senior Lacrosse	Year 10 girls strength and conditioning
Tuesday 3 September	Year 9 Rugby	Year 11 - 13 senior Rugby
Tuesday 3 September	Year 8 and Year 9 Lacrosse	Senior girls strength and conditioning
Wednesday 4 September	Year 10 Rugby	Year 11 - Year 13 senior Rugby
Wednesday 4 September	Year 10 and senior Lacrosse	Year 9 strength and conditioning
Thursday 5 September	Year 8 Games	-
Friday 6 September	Year 7 Games	-
Saturday 7 September	9.30am - 11am Year 7 - 13 Rugby and Year 7 - 13 Lacrosse	

