



Schedule for North Island IGNITE – September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
7:15 – 8:30 pm	7:15 – 8:15 am	3:30 – 5:00pm	7:15 – 8:15 am	
<i>Gymnastics</i>	<i>Strength & Conditioning</i>	<i>Sprint Training</i>	<i>Strength & Conditioning</i>	
Springs Gymnastics	Carihi *gym open at 7am	Carihi	Carihi *gym open at 7am	

August 28 - September 1: Summer Training Camp

Carihi Mezz

7 am – 8:30 am

28 S&C Carihi Mezz	29 S&C Carihi Mezz	30 S&C Carihi Mezz	31 S&C Carihi Mezz	Sept 1 S&C Carihi Mezz
--------------------------	--------------------------	--------------------------	--------------------------	------------------------------

September

4	5	6	7	8
11	12 S&C	13 Sprint	14 S&C	15
18	19 S&C	20 Sprint	21 S&C	22
25	26 S&C	27 Sprint	28 S&C	29

October

2	3 S&C	4 Sprint	5 S&C	6
9 THANKSGIVING	10 S&C	11 Sprint	12 S&C	13
16	17 S&C	18 Sprint	19 S&C	20
23	24 S&C	25 Sprint	26 S&C	27
30	31 S&C			

November

		1 Sprint	2 S&C	3
6 Gymnastics	7 S&C	8	9 S&C	10
13 -17 Mid Semester Break				
20 Gymnastics	21 S&C	22	23 S&C	24
27	28 S&C	29	30 S&C	

December

				1
4 Gymnastics	5 S&C	6	7 S&C	8
11	12 S&C	13	14 S&C	15
18 Gymnastics	19 S&C	20	21 S&C	22
Dec 25 – Jan 5 No Training – Winter Break				

January

Dec 25 – Jan 5 No Training – Winter Break				
8 Gymnastics	9 S&C	10	11 S&C	12
15	16 S&C	17	18 S&C	19
22 - 26 NO Training – Assessment Week				
29 Gymnastics	30 S&C	31		

February

			1 S&C	2
5 Gymnastics	6 S&C	7	8 S&C	9
12 Family Day	13 S&C	14	15 S&C	16
19 Gymnastics	20 S&C	21	22 S&C	23
26	27 S&C	28		

March

			1 S&C	2
5 Gymnastics	6 S&C	7	8 S&C	9
12	13 S&C	14	15 S&C	16
19 Gymnastics	20 S&C	21	22 S&C	23
March 26 – April 6 - No Training – Spring Break				

April

March 26 – April 6 - No Training – Spring Break				
9	10 S&C	11 Sprint	12 S&C	13
16	17 S&C	18 Sprint	19 S&C	20
23	24 S&C	25 Sprint	26 S&C	27
30				

May

	1 S&C	2 Sprint	3 S&C	4
7	8 S&C	9 Sprint	10 S&C	11
14	15 S&C	16 Sprint	17 S&C	18
21 Victoria Day	22 S&C	23 Sprint	24 S&C	25
28	29 S&C	30 Sprint	31 S&C	

June

				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22

Total sessions:		
Gymnastics	Sprint	S&C
10	16	64

June is left open at this point in case we need to accommodate Facility closures due to weather or other extenuating circumstances.

We will look to start the summer maintenance program the first week of July with the option to train June 4 – 22. There will be no training June 25 – 30 due to assessment week.