

TRAINING/PRACTICE SCHEDULE ON ASTRO-TURF MAIN FIELD AND SIX-A-SIDE FIELD W.E.F. 19th JULY 08

Academy	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sr. Hockey	Morning	5.30 to 6.30 AM (MFS)	5.30 to 6.30 AM (MFS)	WP & Gym	5.30-7.00 A.M. (MF)	WP & Gym	Sector 42, 5.30-6.30 A.M. (MFS)
	Evening	5:30 to 7.00 P.M. (MFS)	5.30 onwards (MF)	6.00 P.M. onwards (MF)	Full time 4.00 P.M to 7.00 P.M. (MF)	6.30 P.M. onwards (MF)	Allied games
Girls Hockey	Morning	5.30 to 6.30 A.M. Sector 18	W/P Gym Sector 42 (timing with gym training)	Sec-18, W/P and training	Conditioning Sector 18, 5.30 to 6.30 A.M.	5.30 to 6.30 A.M. (MFS)	Game main ground, sector 18
	Evening	3.30 to 5.30 P.M. (MFS)	Sec-18 (Training)	Full time 4.00 to 7.00 P.M. (MF full time)	Trg. Sector 18	3.30 to 5.30 P.M. sector 42 (MFS)	Allied games Sec-42
Centre	Morning	-	Training	S & S	S & S	Training	Phy. Trg.
	Evening	5.30 to 7 P.M. (MFS)	S & S	5.30 to 6.30 P.M. (S & S)	5.30 to 6.30 P.M. (S & S)	S & S 5.30 TO 6.30	Full time (MF) 4.00 TO 6.30 P.M.
Jr. Hockey	Morning	5.30 to 6.30 A.M. (MFS)	Phy. Trg. & stretching session	5.30 to 7.00 AM full time	Phy./Yoga	5.30 to 6.30 A.M. (S & S)	Allied game or swimming
	Evening	Teaching/ training	4.00 to 5.30 (MF)	4.00 to 5.30 P.M. (S & S)	Allied games & Video classes	4.00 to 5.30 P.M. (MFS)	5.00 to 6.00 P.M. (S & S)
Mohali Academy	Morning	-	5.30 to 6.30 A.M. (MFS)	Off	4.00 to 5.30 A.M. (S & S)	5.30 to 6.30 A.M. (MFS)	5.30 to 6.30 (MFS)
	Evening	4.00 to 5.30 P.M. sector 42 (MFS)	-	Off	Conditioning outside	5.30 onwards full time	6.00 to 7.00 P.M. (S & S)

Main Field = MF

Six a Side = S & S

Endst No. CSC-UT-2008/

Dated:

PLEASE NOTE: -

1. Manager Sports Complex, Sector 42, Chandigarh should ensure the watering of both the fields be done at least 20 minutes before morning & evening schedule.
2. Sh. Jasbir Singh, Hockey Coach to ensure that the schedule be implemented in letter in spirit.
3. All coaches of academies to note and adhere to the above said schedule strictly.
4. The Hostel Warden, Sector 42 & Assistant Hostel Warden, Sector 18 for information.
5. Concerned Store Keeper (A-IV) also to organize the playing of buses.
6. Concerned Bus driver(s) to note and get the player at least 15 minutes before the said schedule.

**Joint Secretary
for Director
Chandigarh Football & Hockey Academy**