

23/09/2019 to 29/09/2019

 **Calendar, United Kingdom holidays**

September 2019

October 2019

M	T	W	T	F	S	S	M	T	W	T	F	S	S
26	27	28	29	30	31	1	30	1	2	3	4	5	6
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31	1	2	3
30	1	2	3	4	5	6	4	5	6	7	8	9	10

	23 Mon	24 Tue	25 Wed	26 Thu	27 Fri	28 Sat	29 Sun
8	Rugby - Field Session	Rugby - Field Session			UBRFC LEARN AND DEVELOP SESSION		
9	GYM - BODY PREP > 8.30am Arrive and Warm up > Session start 9am - 10am +	GYM - BODY PREP > 8.30am Arrive and Warm up > Session start 9am - 10am +			SKILLS	Coach & Capt meet	
10						Performance S&C	
11					FRESHERS WELCOME FAIR - ALL COMMITTEE ON DUTY Joe Goodman	Team Skills & Analysis	
12				England v USA TEAM BRUNCH			
13					pool recovery		
14		captains run > Link to Freshers Trial					
15	freshers trial		match prep				
16							
17							
18	Preseason Training Teams 3-5	Uni coaching CPD	UBRFC vs Navy u23 preseason 7.15pm KO Joe Goodman		GREATEST SHOWMEN PERFORMANCE NIGHT - TBC		
19							
20		2s Live Training @ Old Bs					
21							