

Cromer National Course 24th May to 29th May 2020

| | Time | Mat 1 | Mat 2 | Mat 3 | Mat 4 | Coaches attending G.R. Mealing Jonathan Boswell Karl Barker Ricky Cleevely Steve Merredew Len Witts Robert Cleevely Gareth Merredew Mark. Avison Leigh Spinks Steve Tongue First Aider Steve Key First Aider |
|--------------|----------------------------|--------------------------|--|----------------------------------|--|---|
| Sun | 10.15 to 12.15 | Seniors + Junior 3rd Kyu | Juniors | Primary | Kata Master Class | |
| Lunch | Lunch 12.00 to 1.15 | | | | | |
| Sun | 1.15 to 3.15pm | Seniors + Junior 3rd Kyu | Juniors | Primary | Kata Master Class | |
| Sun | 3.15- 4pm | Randori | Comfort Breaks at the discretion of the Coaches | | | |
| Mon | 10.00 to 12 noon | Seniors + Junior 3rd Kyu | Juniors | Primary | Kata Master Class | |
| Lunch | Lunch 12.00 to 1.15 | | | | | |
| Mon | 1.15 to 3.15pm | Seniors + Junior 3rd Kyu | Juniors | Primary | Kata Master Class | |
| Mon | 3.15 to 4.p.m | Randori | Comfort Breaks at the discretion of the Coaches | | | |
| Tues | Family Free Day | | | | | |
| Wed | 10.00 to 12 noon | Seniors + Junior 3rd Kyu | Juniors | Primary | Referee Situations: David Sherwood  | Table Officials  Ian Vale |
| Lunch | Lunch 12.00 to 1.15 | | | | | |
| Wed | 1.15 to 3.15pm | Seniors + Junior 3rd Kyu | Juniors | Primary | BJC Standard Kata | Referee  |
| Wed | 3.15 to 4.p.m | Randori | Comfort Breaks at the discretion of the Coaches | | | David Sherwood |
| Thurs | 10.00 to 12 noon | Seniors + Junior 3rd Kyu | Juniors | Primary + Junior Syllabus | BJC Standard Kata & Coaching Assessments | First Aid  |
| Lunch | Lunch 12.00 to 1.15 | | | | | Matthew Lish |
| Thurs | 1.15 to 3.15pm | Seniors + Junior 3rd Kyu | Juniors | Primary + Junior Syllabus | Coaching Assessments | |
| Thurs | 3.15 to 4pm | Randori | Comfort Breaks at the discretion of the Coaches | | | |
| Fri | 10.00 to 12 noon | Grading | | Paper Work Len Witts & Steve Key | | |
| Lunch | TBC ON THE DAY | | | | | There may be alterations to the sessions due to changes in circumstances. |
| Fri | 1 p.m. Onward | Grading | | | | |

Evenings Sporting Activities: Volley Ball; Rounders; Football. 4.30pm Thursday: Cricket Club: Quiz & Buffet 7pm