

Parents names for Land training/Core stability/injury prevention sessions: Sep to Dec 2015

Blue = 5:30 to 6pm session – we need 3 adults per session

Green = 6 to 7pm session – we need 2 adults per session

Have put in a reserve parents name so that we have contingency plans if for some reason someone cannot attend. Can you please get in touch with Heulwen Richards if you can't do the session you are down for. Thanks. Event column is for info and depending on numbers might mean cancelling some sessions.

Date:	Parents Name:			Event:
6 th September	1. Julia Korn	2. Kelvin Williams	3. Manon Griffiths	
	Reserve: Jodie Catlin			
	1. Dylan/Yvonne Edwards	2. Ffion/Neil Johnstone		
	Reserve: Alwen Johnson			
13 th September	1. Julia Korn	2. Kelvin Williams	3. Jo Letton	
	Reserve: Meleri Jones			
	1. Dan Crowe	2. Stephanie Griffith		
	Reserve: Huw/Nia Williams			
20 th September	1. Julia Korn	2. Kelvin Williams	3. Pauline Williams	
	Reserve: Esther/Gwyn Owen			
	1. Einion/Jen Dafydd	2. Alwen Johnson		
	Reserve:			
27 th September	1. Julia Korn	2. Kelvin Williams	3. Jodie Catlin	
	Reserve: Kathy Sion			
	1. Huw/Nia Williams	2. Gail Goddard-Smith		
	Reserve: Stephanie Griffith			
4 th October	1. Debbie Fraser-Jones	2. Llinos/Neil Jones	3. Dawn Griffiths	
	Reserve: Jo Letton			Robin Hood - Sheffield
	1. Robina/Doug Shaw	2. Glenda Roberts		
	Reserve: Ffion/Neil Johnstone			
11 th October	1. Julia Korn	2. Kelvin Williams	3. Kathy Sion	
	Reserve: Louisa Knock			
	1. Julie Jones (Beca)	2. Sally/Chip Green		
	Reserve: Einion/Jen Dafydd			
18 th October	1. Julia Korn	2. Louisa Knock	3. Meleri Jones	
	Reserve: Pauline Williams			Conwy Autumn - Llandudno
	1. Dylan/Yvonne Edwards	2. Stephanie Griffith		
	Reserve: Alwen Johnson			

Date:	Parents Name:			Event:
25 th October	1. Julia Korn	2. Kelvin Williams	3. Pippa/Alistair Tomblin	
	Reserve: Jo Worby			
	1. Heulwen Richards	2. Ffion/Neil Johnstone		
	Reserve: Dan Crowe			
1 st November	1. Julia Korn	2. Kelvin Williams	3. Bethan Scott	
	Reserve: Robina/Doug Shaw			
	1. Dan Crowe	2. Meinir/Gwil		
	Reserve: Heulwen Richards			
8 th November	No session: John Sharp Gala			Club Championships - Llandudno
15 th November	1. Julia Korn	2. Kelvin Williams	3. Nicole Booth	
	Reserve: Llinos/Neil Jones			
	1. Huw/Nia Williams	2. Sioned Davies		
	Reserve: Sally/Chip Green			
22 nd November	1. Julia Korn	2. Kelvin Williams	3. Esther/Gwyn Owen	
	Reserve: Pippa/Alistair Tomblin			
	1. Einion/Jen Dafydd	2. Heulwen Richards		
	Reserve: Meinir/Gwil			
29 th November	1. Julia Korn	2. Kelvin Williams	3. Tim Boyle	
	Reserve: Debbie Fraser-Jones			
	1. Robina/Doug Shaw	2. Sally/Chip Green		
	Reserve: Ffion/Neil Johnstone			
6 th December	No session – Sub-Regionals			Llandudno
13 th December	1. Julia Korn	2. Kelvin Williams	3. Debbie Fraser-Jones	
	Reserve: Nicole Booth			
	1. Huw/Nia Williams	2. Julie Love		
	Reserve: Stephanie Griffith			