

## **APPENDIX 3 TRAMPOLINE TRAINING SCHEDULE**

Where provinces are split, athletes are only permitted to train in **ONE** time slot

Blocks of time include time on the equipment (TRA, DMT & TUM) only – please arrive 30 minutes prior to your allocated training time to stretch. Athletes will not be allowed onto the equipment until their allotted time. Athletes are expected to wear appropriate training gear. Stretching for training will take place in the warm-up area.

### **Tuesday 2<sup>nd</sup> October**

<b>Training Times</b>	<b>Province</b>
<b>11:00-13:00</b>	Bay of Plenty
<b>13:00-15:00</b>	Otago Southland Aorangi
<b>15:00-17:00</b>	Hawkes Bay/Poverty Bay Canterbury Taranaki
<b>17:00-19:00</b>	Canterbury
<b>19:00-21:00</b>	To give extra time if needed due to size of teams: Canterbury Harbour Gymsports Manukau Northland (half)

### **Wednesday 3<sup>rd</sup> October**

<b>Training Times</b>	<b>Province</b>
<b>09:00-11:00</b>	Gymsports Manukau
<b>11:00-13:00</b>	Auckland Waikato Wellington Northland (half)
<b>13:00-15:00</b>	Harbour