National Races	Training Days	PKN Pinkston Watersport	HPP Nottingham - Holme Peel
GB Team Trials	Residential Camps	GTY Grandtully	LV Lee Valley
International Races	Self Managed Camps (coaching pro	RTO Edinburgh International Climbing Arena (Ratho)	
Major International Events	SIS / SPT		

Oct-18	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Training Block																															
Competition												Tess Prem							Scottish Champs												
Scottish Performance Squad (U18)													Camp 1 - HPP																		
Scottish Perf. Squad (U23 & S)																															
Training Squad																															
SIS support																															
General Info																															
Nov-18	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Training Block																															
Competition																															
Scottish Performance Squad (U18)			GTY	PKN						GTY	PKN					Camp 2 - HPP								PKN							
Scottish Perf. Squad (U23 & S)			GTY	PKN						GTY	PKN													PKN							
Training Squad										PKN	Open Day					Camp 1 - HPP															
SIS support										Nutrition workshop																Slalom Ath rev.					
General Info										Intro to profiling																					
Dec-18	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Training Block																															
Competition																															
Scottish Performance Squad (U	PKN	RTO						PKN	GTY					Camp 3 - HPP									Coaching Team OFF								
Scottish Perf. Squad (U23 & S)	PKN	RTO						PKN	GTY																						
Training Squad	PKN													Camp 2 - HPP																	
SIS support	Built in warm up intervention										SPT meeting																				
General Info																															
Jan-19	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Competition																															
Training Block																															
Scottish Performance Squad (U		Camp 4 - LV										PKN	PKN						GTY	RTO						GTY					
Scottish Perf. Squad (U23 & S)												PKN	PKN						GTY	RTO						GTY					
Training Squad		Camp 3 - Lee Valley										PKN														GTY					
SIS support												Built in Perf env.																Slalom Ath rev.			
General Info																															
Feb-19	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28			
Training Block																															
Competition																															
Scottish Performance Squad (U18)		PKN	RTO						Camp 5 - HPP & LV														GTY								
Scottish Perf. Squad (U23 & S)		PKN	RTO																				GTY								
Training Squad									Camp 4 - HPP & LV tbc														GTY								
SIS support																					Nutrition Workshop										
General Info																															
Mar-19	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Training Block																															
Competition																					Junior GB Trial HPP						Junior GB Trial LV			Back u
Scottish Performance Squad (U18)			PKN	PKN					PKN							Camp 6 - HPP [GB Team Trial Junior]									Camp 7 - LV [GB Team Trial J&U23G					
Scottish Perf. Squad (U23 & S)			PKN	PKN					PKN																Camp 7 - LV [GB Team Trial J&U23G					
Training Squad																															
SIS support																															
General Info																															
Apr-19	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Training Block																															
Competition				Grandtully Prem													Senior GB Trial Lee Valley														
Scottish Performance Squad (U18)																															
Scottish Perf. Squad (U23 & S)	Camp 8 - LV [GB Team Trial]																														
Training Squad																															
SIS support																															
General Info																															
May-19	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Training Block																															
Competition	J&U23 Worlds - option 1 tbd?																							HPP Prem					Euros Pau (FRA)		
Scottish Performance Squad (U18)																															
Scottish Perf. Squad (U23 & S)																															
Training Squad																															
SIS support																															
General Info																															
Jun-19	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Training Block																															
Competition	Euros Pau (FRA)						ICF Rank Merano (ITA)							WC1 Lee Valley (GBR)							WC2 Bratislava (SVK)							WC3 Tacen (SLO)			
Scottish Performance Squad (U18)																															
Scottish Perf. Squad (U23 & S)																															
Training Squad																															
SIS support																															

General Info																														
Jul-19	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Training Block																															
Competition			**J&U23 Worlds - option 2**					**tbd?**										**J&U23 Euros Liptovsky (SVK)**													
Scottish Performance Squad (U18)																															
Scottish Perf. Squad (U23 & S)																															
Training Squad																															
SIS support																															
General Info																															
Aug-19	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Training Block																															
Competition																															
Scottish Performance Squad (U18)																															
Scottish Perf. Squad (U23 & S)																															
Training Squad																															
SIS support																															
General Info																															
Sep-19	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Training Block																															
Competition	**WC4**					**WC Final Prague (CZE)**																		**World Champs Seu d'Urgell (ESP)**							
Scottish Performance Squad (U18)																			**British Open LV**							**Tryweryn Prem**				
Scottish Perf. Squad (U23 & S)																															
Training Squad																															
SIS support																															
General Info																															