Key Table	National Races	Training Days	RTO	Edinburgh International Climbing Arena	HPP	Nottingham - Holme Pee
	GB Team Trials	Residential Camps	SPK	Strathclyde Park		
	International Races	Self Managed Camps (coaching pro	LLW	Linlithgow		
	Major International Events	SIS / SPT	GLA	Glasgow		

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																															
Scottish Performance Squad (international paddlers)							Coaching Team OFF																				RTO				
Scottish Performance Squad (national paddlers)																											RTO				
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 (international paddlers)			RTO							RTO							RTO							RTO							
Scottish Performance Squad (national paddlers)			RTO							RTO							RTO							RTO							
Training Squad		RTO	Open	Day													RTO														
SIS support															Nutrition	Workshop															
General Info		Prizegiving																													
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 (international paddlers)	RTO							RTO							RTO						Coaching Team Off						Camp 1a - SVK X-country				
Scottish Performance Squad (national paddlers)	RTO							RTO							RTO																
Training Squad	RTO														RTO																
SIS support																															
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
Training Block																															
Competition																															
Scottish Performance Squad (international paddlers)	Camp 1a - SVK X-country											RTO							RTO							RTO					
Scottish Performance Squad (national paddlers)		Camp 1b. - Ratho (PP conditioning)										RTO							RTO							RTO					
Training Squad		Tbc	Tbc	Tbc	Tbc														RTO												
SIS support																															
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 (international paddlers)		RTO							Camp 2 - Portugal																						
Scottish Performance Squad (national paddlers)		RTO																													
Training Squad		RTO																													
SIS support																															
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																											National Regatta HPP				
Scottish Performance Squad (international paddlers)		RTO						SPK or LLW							SPK or LLW								RTO			HPP Regatta #1 (GB Selectio					
Scottish Performance Squad (national paddlers)		RTO						SPK or LLW							SPK or LLW								RTO			HPP Regatta #1 (GB Selectio					
Training Squad		RTO																													
SIS support		Nutrition and Perf env/Workshop																													
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																								National Regatta HPP							
Scottish Performance Squad (international paddlers)					SPK or LLW							SPK or LLW								RTO			HPP Regatta #2 (GB Selection)								
Scottish Performance Squad (national paddlers)					SPK or LLW							SPK or LLW								RTO			HPP Regatta #2 (GB Selection)								
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																						Piestiany Regatta									
Scottish Performance Squad (international paddlers)																			Piestiany prep camp + race												
Scottish Performance Squad (national paddlers)																															
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	**National Regatta HPP**																									**National Regatta HPP**					
Scottish Performance Squad (international paddlers)	**HPP Regatta #3**																											**HPP Regatta #4**			
Scottish Performance Squad (national paddlers)	**HPP Regatta #3**																											**HPP Regatta #4**			
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 Euros Racice (CZE)**																				
Scottish Performance Squad (international paddlers)															**Camp 3 - summer camp exact date and place tbc**																
Scottish Performance Squad (national paddlers)																															
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	**J&U23 Worlds - Pitesti (ROM)**																														
Scottish Performance Squad (international paddlers)																													**HPP Regatta #5**		
Scottish Performance Squad (national paddlers)																													**HPP Regatta #5**		
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	**National Regatta HPP**																			**Olympic Hopes**											
Scottish Performance Squad (international paddlers)																															
Scottish Performance Squad (national paddlers)																															
Training Squad																															
SIS support																															
General Info	**Iline Perf support application**								**Inclusion Panel & Perf Group Meeting**						**MPS Squad announcement (email)**								**1:1 reviews**								