Cambridge Cangaroos
Member Training Record

Member Name

Contact Number (s)

Medical Information

Grade:

Training Times	Coach
Saturday 1 (Roos)*	
Saturday 2 (Roos)*	
Saturday 1	
Saturday 2	
Monday - CC	
Tuesday 1 - SVC	
Tuesday 2 - SVC	
Weds - CVC 1	
Weds - CVC 2	
Thurs - CC 1	
Thurs - CC 2	

Timed Bounces			
Date	Time x 10	Time x 30	Routine

Proficency Awards

Award	Date Attained	Coach Initials
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

Competition Routines or Moves Working on: