

Cardiff Region

Cardiff ICC

Location: Rhondda Fach Sports Centre, CF43 3HR

Training Day/Time: Saturdays 10:00 – 11:00

Contact: Evan Vaughan-Lewis | evan.vaughan-lewis@cardiffrugby.wales

Dragons Region

Risca ICC

Location: Risca RFC indoor barn, NP116BY

Training Day/Time: Wednesday 17:00 – 18:00

Contact: Karen Burgess | 07939154187 | karen.burgess@dragonsrfc.wales

Newport ICC

Location: Maindee Primary School, NP190AP

Training Day/Time: Thursday 15:30 – 16:30

Contact: Karen Burgess | 07939154187 | karen.burgess@dragonsrfc.wales

Scarlets Region

Llanelli ICC

Location: FSG Arena, Parc Y Scarlets, Pemberton, Llanelli, SA14 9UZ

Training Day/Time: Wednesday 17:00 – 18:00

Contact - Oliver West | oliver.west@heolgoffa.ysgolccc.cymru

Ammanford ICC

Location: Amman Valley School, Ammanford, SA18 2NW

Training Day / Time: Thursday 16:00 – 17:00

Contact: Dannika Evans | dannika@scarlets.wales or Dyfrig Dafis | dafisbach@yahoo.com

Ospreys Region

Swansea ICC

Location: Ysgol Pen Y Bryn, Swansea, SA6 7PA

Training Day/Time: Wednesdays 15:45 – 16:45

Contact: Dafydd Weaver | weaverd18@hwbcymru.net

Bridgend ICC

Location: Heronsbridge School, Bridgend, CF31 3HS

Training Day/Time: Sundays 09:30 – 10:30

Contact: Charlie Mundy | Charlie.mundy@ospreysrugby.com

North Wales Region

Deeside ICC

Location: Ty Calon, Deeside, CH5 1SA

Training Day/Time: Tuesdays 16:00 – 17:00

Contact: Kerry Roberts | kroberts@deesidecommunitytrust.co.uk

Llangefni ICC

Location: Canolfan Addysg y Bont, LL77 7NL

Training Day/Time: Wednesdays 15:15 – 16:15

Contact: Jason Craig | jcraig3585@outlook.com

Llandudno ICC

Location: Ysgol Y Gogarth, LL30 1YF

Training Day/Time: Tuesdays 15:45 – 16:45

Contact: Dafydd Williams | dafydd09@outlook.com

Newtown ICC

Location: Maldwyn Leisure Centre | SY16 1LH

Training Day/Time: Mondays 15:30 – 16:30

Contact: Gareth Kelly | garethk@brynllwarch.powys.sch.uk