

**Pre-Season Training Schedule**

Players are expected to be doing personal training before we begin as a group as a base level of fitness will be required.

|  |  |  |
| --- | --- | --- |
| **Monday 6pm** | **Wednesday 6pm** | **Sat Morning 7.30am** |
| 27th  Dunkeld Recreation Reserve | 29th  Dunkeld Recreation Reserve | 1st **Feb**  Lake Hamilton Spillway |
| 3rd  Dunkeld Recreation Reserve | 5th  **Monivae College** Main Oval (Bring own water) | 8th  Lake Hamilton Spillway |
| 10th  Hamilton – Gardens pond | 12th  Dunkeld Recreation Reserve | 15th  Lake Hamilton Spillway |
| 17th  Dunkeld Recreation Reserve | 19th  **Monivae College** Main Oval (Bring own water) | 22st  Lake Hamilton Spillway |
| 24th  Dunkeld Recreation Reserve | 26th  Dunkeld Recreation Reserve | Sunday 1st  Practice Match V Taylors Lakes mini carnival |
| 2nd **March**  Personal Recovery Session | 4th  Dunkeld Recreation Reserve | Sunday 8th  Long Weekend |
| 9th  Long weekend - No official training.  Personal Run expected | 11th  Dunkeld Recreation Reserve | Friday 13th  **Pre Season Camp**  Friday Night 6pm Dunkeld Recreation Reserve  100% compulsory |
| 16th  Dunkeld Recreation Reserve | 18th  **Monivae College** Main Oval  (Bring own water) | 21st  Practice Match V Coleraine  Could be Friday twilight at Dunkeld |
| 23rd  Dunkeld Recreation Reserve | 25th  Dunkeld Recreation Reserve | 28th  Lake Hamilton |
| 31st Tuesday  Dunkeld Recreation Reserve | 2nd Thursday **April**  Dunkeld Recreation Reserve | 4th  Season Start? |
|  |  | Easter |



1. **PERSONAL TRAINING**

Your training must NOT start when we start. You need to be doing your own personal work over xmas & new year.

**2 - UNABLE TO TRAIN**

I respect there are going to be times that you may not be able to make a training session. If you are unable to train you must contact me directly. This will allow me to adjust the training session plan so that your team mates will still get a quality training session.

If you don’t make the effort to contact you are simply letting down your team mates and putting your spot in the side at jeopardy.

If unable to attend any training session contact Simon on 0418411406.

**3 - PRE-SEASON CAMP**

This is of utmost importance and **100% compulsory** for all players.

We will be going over our game plan for the season and setting some simple things up that will help us in our aim of playing finals football in 2020

We will be staring at 6pm on the Friday night and completing a training session before having dinner and then going over the game plan. We will sleep the night in the rooms and then have another training session that morning before concluding at 10am Saturday morning.



