

**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.

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| **Monday 6pm** | **Wednesday 6pm**  | **Sat Morning 7.30am** |
| 27thDunkeld Recreation Reserve | 29thDunkeld Recreation Reserve | 1st **Feb**Lake Hamilton Spillway |
| 3rdDunkeld Recreation Reserve | 5th**Monivae College** Main Oval (Bring own water) | 8thLake Hamilton Spillway |
| 10thHamilton – Gardens pond | 12thDunkeld Recreation Reserve | 15thLake Hamilton Spillway |
| 17th Dunkeld Recreation Reserve | 19th**Monivae College** Main Oval (Bring own water) | 22stLake 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 |
| 16thDunkeld Recreation Reserve | 18th **Monivae College** Main Oval(Bring own water) | 21st Practice Match V ColeraineCould be Friday twilight at Dunkeld |
| 23rd Dunkeld Recreation Reserve | 25th Dunkeld Recreation Reserve | 28th Lake Hamilton |
| 31st TuesdayDunkeld 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.



