



Proudly sponsored by



PRE-SEASON TRAINING PROGRAMME 2010

Seniors / Reserves / Under 19s

All training sessions commence at 6.00pm

BLOCK 1

WED 27/1 Aspendale Beach, Watkins Street – Aspendale (Map 92 F3)
MON 1/2 Aspendale Beach, Watkins Street – Aspendale (Map 92 F3)
WED 3/2 Aspendale Beach, Watkins Street – Aspendale (Map 92 F3)

BLOCK 2

MON 8/2 Aspendale Beach, Watkins Street – Aspendale (Map 92 F3)
WED 10/2 Aspendale Beach, Watkins Street – Aspendale (Map 92 F3)

BLOCK 3

MON 15/2 Parkdale Secondary College, Warren Rd – Parkdale (Map 87 G8)
WED 17/2 Parkdale Secondary College, Warren Rd – Parkdale (Map 87 G8)

BLOCK 4

MON 22/2 Parkdale Secondary College, Warren Rd – Parkdale (Map 87 G8)
WED 24/2 Parkdale Secondary College, Warren Rd – Parkdale (Map 87 G8)

BLOCK 5

Training session venues and dates TBC, depending on ground availability and cricket

GEAR REQUIREMENTS

| | | | | |
|-----------|---------|---------------------------------|-------|--------------|
| Runners | Boots | Bathers | Towel | Drink Bottle |
| Sunscreen | Cap/Hat | Bike & Helmet (Injured players) | | |

For all enquiries, please contact:

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|-----------------------|-----------------|--------------|
| David Matthews | Senior Coach | 0418 350 159 |
| Kris Little | Reserves Coach | 0400 002 380 |
| Ben Darcey | Under 19s Coach | 0407 703 455 |