



# SUHC Preseason

18/10/2011

Welcome All

Included are the arrangements to kick-start our journey for season 2012

One of the elements of the preseason training prior to Christmas I am actively promoting is to give every member of the men's division the chance to come down and be involved. The aim is give you the chance to improve and play at a higher level than what you may currently be playing and to also promote a sense of unity amongst the entire men's playing group during the preseason program. I feel by doing this as a club we can push each other and improve on and off the pitch.

Every gain is a good gain.

I have scattered the training sessions for the preseason prior to the Christmas break. There are a few reasons for doing this. I have done this to allow as many people to be involved as possible and to cater for members of the playing group that play other sports during the off season allowing them to be involved and feel part of the preseason where they can, rather than being totally excluded.

Also we will try and avoid weekends where we can so that they can be enjoyed, especially during this time of the year, and the season is long enough without having to give up more weekend time. This also gives you guys the best opportunity to get to training more consistently and mix with the group.

Please do your best to get there during the first week, especially if you strive to be part of the State League and top Pennant team for next season as it is you guys that need to set the benchmark for the rest of the men's division. I will be insisting the group become more accountable by the second week which ensures a quality month of training before the Xmas break, displaying positive and enthusiastic intentions for 2012

## Pre-Season Timetable

2011							
November				December			
Day							
Monday	7	14	21	28		5	12
Tuesday	8	15	22	29		6	13
Wednesday	9	16	23	30		7	14
Thursday	10	17	24		1	8	15
Friday	11	18	25		2	9	16
Saturday	12	19	26		3	10	17
Sunday	13	20	27		4	11	18

Testing
Training Session
To be advised

We will aim to start each session at 7pm sharp, which means you need to be there 15 minutes or so prior to complete your warm-up and stretching

The Friday/Saturday dates aren't set in stone at this stage and the locations for some training sessions will change to break it up a bit also

Also, I will be down at the Hockey Club prior to some sessions on Fridays to work with anyone who wants to come down and work on a particular skill. I will let you know these times, if you are interested let me know

While I have said that I will be avoiding weekends there will Friday Evening and possible Saturday morning sessions included. These will be quite light sessions and won't be extensive in their time so you can get stuck into your weekend as quick as possible

Just a couple of quick notes

- Please make sure that you do enjoy weekends while you have the time
- DO NOT let these sessions be the only work you do during the week
- Plenty of water every day in between 2 Litres and 3 Litres with 3L being the target
- Every training session you need to have your water bottles (meaning 2) and a full size towel to be used for stretching
- **If you cannot attend or you are running late I expect an email, text or phone call letting me know**

Over the coming weeks the State League and selected Pennant players will be receiving a questionnaire in which I want everyone to fill out, more details will follow re this.

You will also be undergoing a fitness assessment in the first session and the last session which will be to primarily measure your improvement. I will be assessing these at a group level and at an individual level to ascertain how well the preseason program is going and whether we need to adjust or change any of it and to also give feedback to each player on how they are going and feeling

I look forward to seeing you all there. The next few weeks will go a long way to setting the standard and building a platform for success for us in 2012

Cheers

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