

## Pre Easter Training Schedule - from 1<sup>st</sup> March to 5<sup>th</sup> April

Team	Day	On - Field Time Check with coaches for arrival time	Venue
<b>Seniors</b>			
<b>Mens</b>			
SL & Pennant	Tuesday	8.30pm -10.00pm	Farm Road
	Thursday	7.00pm – 8.30pm	Farm Road
	Sunday	8.00am – 9.30am	Farm Road
Metro & Vets	Wednesday	8.pm to – 9.30pm	Farm Road
<b>Womens</b>			
SL & Pennant	Tuesday	7.30pm – 9.00pm	Farm Road
	Thursday	8.00pm – 9.30pm	Farm Road
Metro	Tuesday	7.30pm – 9.00pm	Farm Road
<b>Juniors</b>			
U17 Mixed	Friday	7.30pm – 9.00pm	Farm Road
U17 Girls	Tuesday	6.30pm – 7.30pm	Farm Road
U15 Mixed	Wednesday *	6.30pm – 8.00pm	Farm Road
U15 Girls	Tuesday	5.30pm – 6.30pm	Farm Road
U13 Mixed	Monday	5.30pm – 7.00pm	Farm Road
U13 Mixed and Girls Skills	Wednesday	5.30pm – 6.30pm	Farm Road
U13 Girls	Tuesday	5.30pm – 6.30pm	Farm Road
U11	Thursday	5.30pm – 7.00pm	Farm Road
U11 Skills	Saturday	10.00am – 11.00am	Farm Road
U9's		11.00.am – 12.00 noon	Farm Road
Speed Training	Thursdays**	7.00pm – 8.30pm	Farm Road

\* U15s move to Friday 6.00pm to 7.30pm for two weeks when Mckenzie clinic runs in March

\*\* Speed training runs for 10 weeks from 28<sup>th</sup> February to April 1st

## Post Easter Training Schedule - from 6<sup>th</sup> April – (3<sup>rd</sup> Feb Version)

Team	Day	On - Field Time Check with coaches for arrival time	Venue
Seniors			
Mens			
SL & Pennant	Tuesday	8.00pm -9.30pm	Dendy Street
	Thursday	7.00pm – 8.30pm	Farm Road
	Sunday	8.00am – 9.00am	Farm Road
Metro & Vets	Wednesday	8.pm to – 9.30pm	Farm Road
Womens			
SL & Pennant	Tuesday	7.30pm – 9.00pm	Farm Road
	Thursday	8.00pm – 9.30pm	Farm Road
Metro	Tuesday	7.30pm – 9.00pm	Farm Road
Juniors			
U17 Mixed	Tuesday	6.30pm – 8.00pm	Dendy Street
U17 Girls	Tuesday	6.30pm – 7.30pm	Farm Road
U15 Mixed	Tuesday	5.30pm – 7.00pm	Dendy Street
U15 Mixed <i>Skills</i>	Sunday	9.00am – 10.00am	Farm Road
U15 Girls	Tuesday	6.00pm – 6.30pm	Farm Road
U13 Mixed	Monday	5.30pm – 7.00pm	Farm Road
U13 Mixed and Girls <i>Skills</i>	Wednesday	6.00pm – 7.00pm	Dendy Street
U13 Girls	Tuesday	5.30pm – 6.30pm	Farm Road
U11	Thursday	5.30pm – 7.00pm	Farm Road
U11 Dendy Street	Thursday	5.30pm – 7.00pm	Dendy Street
U11's <i>Skills</i>	Sunday	9.00am – 10.00am	Farm Road
U9's	Thursday	5.30pm – 7.00pm	Farm Road
U9's Dendy Street	Thursday	5.30pm – 7.00pm	Dendy Street
Minkies Farm Road*	Sunday	10.00am – 11.00am	Farm Road
Minkies Dendy Street*	Sunday	10.00am – 11.00am	Dendy Street

\* - Minkies starts Sunday 2<sup>nd</sup> May