



Season 2010

Preseason Program

Fitness Sessions

Non-compulsory fitness sessions will commence on Tuesday 13th July and run until the beginning of indoor sessions. Players are to meet at the bottom Eastern Beach car park by the beach volleyball courts at 5:45pm. Sessions will cater for all fitness levels and will run for approx. 45 minutes.

Indoor Session Schedule

Indoor training sessions will be held at **Barwon Valley Activity Centre**. Sunday sessions will be held during market time. We are therefore required to park at the front left (High St. bridge side of the building). Please note, the first two midweek sessions will be held on Wednesday, all following midweek sessions to be Thursday.

Date	Time
Sunday 8 th August	9:15am – 11:30am
Wednesday 11 th August	5:45pm – 7:30pm
Sunday 15 th August	9:15am – 11:30am
Wednesday 18 th August	5:45pm – 7:30pm
Sunday 22 th August	9:15am – 11:30am
Thursday 26 th August	5:45pm – 7:30pm
Sunday 29 th August	9:15am – 11:30am
Thursday 2 nd September	5:45pm – 7:30pm
Sunday 5 th September	9:15am – 11:30am
Thursday 9 th September	5:45pm – 7:30pm
Sunday 12 th September	9:15am – 11:30am
Thursday 16 th September	5:45pm – 7:30pm

Outdoor Session Schedule

Outdoor training will commence Sunday 19th September. Midweek sessions will revert to Tuesday / Thursday evenings. Midweek sessions during non-daylight savings time will commence at 5:00pm to make the most of the available light. Players are encouraged to get there as early as work commitments permit them.

Date	Time
Sunday 19 th September	9:15am – 11:30am
Tuesday 21 st September	5:00pm
Thursday 23 rd September	5:00pm
Grand Final Weekend	No Training
Tuesday 28 th September	5:00pm
Thursday 30 th September	5:00pm
Saturday 2 nd October	Practise Match
Tuesday 5 th October	5:45pm
Thursday 7 th October	5:45pm
Saturday 9 th October	1 st Game