



Season 2011

Preseason Program

Fitness Sessions

Non-compulsory fitness sessions will commence on Thursday 21st 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 5:30pm. Sessions will cater for all fitness levels and will run for approx. 45 minutes. Some Sunday morning sessions will also be running for those who enjoy or perhaps require some extra workouts during winter.

Date	Time
Thursday 21 st July	5:30pm
Sunday 24 th July	9:30am
Thursday 28 th July	5:30pm
<i>Sunday 31st July Social Day TBA</i>	
Thursday 28 th July	5:30pm

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). Midweek session will be held on Thursday evenings.

Date	Time
Sunday 7 th August	9:15am – 11:30am
Thursday 11 th August	5:45pm – 7:30pm
Sunday 14 th August	9:15am – 11:30am
Thursday 18 th August	5:45pm – 7:30pm
Sunday 21 st August	9:15am – 11:30am
Thursday 25 th August	5:45pm – 7:30pm
Sunday 28 th August	9:15am – 11:30am
Thursday 1 st September	5:45pm – 7:30pm
Sunday 4 th September	9:15am – 11:30am
Thursday 8 th September	5:45pm – 7:30pm
<i>Sunday 11th September Outdoor</i>	
Thursday 16 th September	5:45pm – 7:30pm

Outdoor Session Schedule

Outdoor training will commence Sunday 11th September. 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 11 th September	9:15am – 11:30am
Sunday 18 th September	9:15am – 11:30am
Thursday 22 nd September	5:00pm
Sunday 25 th September	9:15am – 11:30am
Tuesday 27 th September	5:00pm
Thursday 29 th September	5:00pm
<i>Remainder of sessions TBA</i>	