

Instant Info

Posted 25 January 2012

Pre season activity organization is under way. Just finalizing some pre season games and trial times. Men's open grade players are welcome to attend a weekly Wednesday hit around and fitness session starting Wed 25 Jan 7.30pm - 9.00pm at Wycola. This is being run by the senior players group with the fitness sessions conducted by a certified personal trainer.

Men's open day and first trial will be held **Sunday 19 Feb** at Marist Park [St Be-des] 12 noon till 1.30pm. Everybody welcome no matter what grade you may wish to trial for. For those wishing to trial for the Div 1 team please report at 11.00am for registration. This will be followed by fitness, speed and agility testing and the trial game will commence at 12 noon.

Our coaches and Club Captain will be on hand to guide you through the activities of the day.

Club Capt .. Ray Abernethy.

Div 1 Coach .. Brent Norton

Div 2 Coach .. Daryl Bond

U/18 [formerly Youth Grade] coach Jamie Watts.

Men's Possibles v Probables match for **Div 1 and 2 teams** will be held on **Sunday 26 February** at Nunweek 2 at 3.30pm.

If you intend trialing for either team please be available and ready to go a half hour prior to these times

Women's Premier and Div 1 first trial takes place on Sunday 26 February at Nunweek 2 from 2.00pm—3.30pm

Please bring a Black and a White shirt and be available at 1.30pm.

Club Capt .. Harriet Cameron

CPL / Div 1 Head Coach .. Craig McIntosh

Further timings and pre season sessions will be announced shortly
Watch this space.