

PRE SEASON TRAINING SCHEDULE - July/August 2010.

Wed 28th July 6pm: Skills/Fitness

Sat 31st July 9-10am: Fitness

Wed 4th August 6pm: Skills/Fitness

Sat 7th August 9-10am: Fitness

Wed 11th August 6pm: Skills/Fitness

Sat 14th August 9-10am: Fitness

Wed 18th August 6pm: Skills/Fitness

Sat 21st August 9-10am: Fitness

Wed 25th August 6pm: Skills/Fitness

Sat 28th August 9-10am: Fitness

*Meet at CDCC changerooms a minimum of 15 minutes prior to all sessions.
Running gear to be brought to all sessions.

**For Saturday morning sessions when there is Football on at Bellerive Oval meet at Bellerive Beach carpark.

If you are unable to attend (injured players are still expected to attend) contact Ben Puzny

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