

Welcome to the 2009/2010 season! An exciting one for club as we strive to build on the promise of last season and create premiership success.

**Pre season training for the senior group will begin on Wednesday 15<sup>th</sup> July at the Indoor Complex at the TCA Ground from 6.00pm to 7.30pm.** You will require running gear and a drink bottle. Our pre-season training, up until early September will run as follows:

WEDNESDAY 15/7	TCA GROUND INDOOR CENTRE	6.00PM
TUESDAY 21/7	TCA GROUND INDOOR CENTRE	6.00PM
TUESDAY 28/7	TCA GROUND INDOOR CENTRE	6.00PM
WEDNESDAY 5/8	TCA GROUND INDOOR CENTRE	6.00PM
TUESDAY 11/8	TCA GROUND INDOOR CENTRE	6.00PM
TUESDAY 18/8	TCA GROUND INDOOR CENTRE	6.00PM
WEDNESDAY 26/8	TCA GROUND INDOOR CENTRE	6.00PM
TUESDAY 1/9	TCA GROUND INDOOR CENTRE	6.00PM
TUESDAY 8/9	TCA GROUND INDOOR CENTRE	6.00PM

Let's make the effort to attend these sessions. I'm sure the effort we put in now will contribute to building our culture and reward us during the season.

I'm looking forward to the season and can't wait for the challenge of bringing us all together to create something special for the club. But it's important to remember that in order for that to happen it requires **all of us** to contribute. I need **your help** and **your attendance** to make it all work.

I look forward to seeing you on Wednesday 15<sup>th</sup> July.

Under 17 training with Graeme Kearney will begin mid August – more details soon.

Grant Costelloe