



# Men's Premier Division Squad 2012

## Pre Season Training Schedule

January 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 Fitness Training Dunbar Park 7.15-8.30pm	11	12 Fitness Training Dunbar Park 7.15-8.30pm	13	14
15	16	17 Fitness Training Dunbar Park 7.15-8.30pm	18	19 Fitness Training Dunbar Park 7.15-8.30pm	20	21
22	23	24 Fitness Training Dunbar Park 7.15-8.30pm	25	26 Australia Day	27	28 Fitness Training Dunbar Park time tbc  (followed by BBQ @ the Ranch)
29	30	31 Fitness Training Dunbar Park 7.15-8.30pm	<b>Training Locations:</b> Dunbar Park Sobraon Rd Marsfield 2122 (off Epping Rd behind the Ranch) Ryde Hockey Centre 16 Waterloo Rd North Ryde 2113			

If you cannot attend any of these sessions please notify one of the following coaches:

- Darren Bannerman (1<sup>ST</sup> Grade Coach) – [Banner4@live.com.au](mailto:Banner4@live.com.au) - 0413180907
- Scott Morrison (2<sup>nd</sup> Grade Coach) - [scott.morrison30@yahoo.com.au](mailto:scott.morrison30@yahoo.com.au) - 0408320513
- Tim Collier (Director of Coaching) - [collier\\_tim@yahoo.com.au](mailto:collier_tim@yahoo.com.au) - 0415213309



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February 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Fitness Training Dunbar Park 7.15-8.30pm	3	4
5	6	7 Fitness Training Dunbar Park 7.15-8.30pm	8	9 Fitness Training Dunbar Park 7.15-8.30pm	10	11
12	13	14 Fitness Training Dunbar Park 7.15-8.30pm	15	16 Hockey Training Ryde Hockey Cnt 8.00-9.30pm	17	18 Internal Trials Ryde Hockey Cnt time tbc
19	20	21 Fitness Training Dunbar Park 7.15-8.30pm	22	23 Hockey Training Ryde Hockey Cnt 8.00-9.30pm	24	25 Trial Games vs prem league opposition Ryde Hockey Cnt tbc  Club Social Event tbc
26	27	28 Fitness Training Dunbar Park 7.15-8.30pm	29	<b>Training Locations:</b>  Dunbar Park Sobraon Rd Marsfield 2122 (off Epping Rd behind the Ranch)  Ryde Hockey Centre 16 Waterloo Rd North Ryde 2113		

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- Tim Collier (Director of Coaching) - [collier\\_tim@yahoo.com.au](mailto:collier_tim@yahoo.com.au) - 0415213309



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March 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Fitness Training Dunbar Park 7.15-8.30pm		1 Hockey Training Ryde Hockey Cnt 8.00-9.30pm	2	3 Trial Games vs prem league opposition (all teams) Ryde Hockey Cnt tbc
4	5	6 Hockey Training Ryde Hockey Cnt 7.00-8.00pm	7	8 Hockey Training Ryde Hockey Cnt 8.00-9.30pm	9	10 Hunter Cup (1 <sup>st</sup> Grade) Venue & time tbc  2 <sup>nd</sup> grade Trials Ryde Hockey Cnt
11 Hunter Cup (1 <sup>st</sup> Grade) TBC	12	13 Hockey Training Ryde Hockey Cnt 7.00-8.00pm	14	15 Hockey Training Ryde Hockey Cnt 8.00-9.30pm	16	17 Premier Div Season Starts (tbc)
18 Premier Div Season Starts (tbc)	19	20	21	22	23	24
<b>In Season Training Program</b>						
25	26	27	28	29	30	31

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- Tim Collier (Director of Coaching) - [collier\\_tim@yahoo.com.au](mailto:collier_tim@yahoo.com.au) - 0415213309



# Men's Premier Division Squad 2012

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April 2012							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6 Good Friday	7 Easter Saturday Club Social Event The Races	
8 Easter	9 Easter Monday	<b>In Season Training Program</b>				13	14
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	<b>Training Locations:</b> Dunbar Park Sobraon Rd Marsfield 2122 (off Epping Rd behind the Ranch) Ryde Hockey Centre 16 Waterloo Rd North Ryde 2113					

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