



# Women'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	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Fitness Training 7.15-8.30pm Dunbar Park	25	26 Australia Day	27	28 Club Social Event @ the Ranch tbc
29	30	31	<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 you must notify one of the following coaches:

John Cullen (1<sup>st</sup> Grade Coach) – 0410 410 319 OR [johnpcullen@bigpond.com](mailto:johnpcullen@bigpond.com)

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



# Women's Premier Division Squad 2012

## Pre Season Training Schedule

February 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Fitness Training 7.15-8.30pm Dunbar Park	3	4
5	6	7 Fitness Training 7.15-8.30pm Dunbar Park	8	9 Fitness Training 7.15-8.30pm Dunbar Park	10	11
12	13	14 Fitness Training 7.15-8.30pm Dunbar Park	15	16 Hockey Training Ryde Hockey Cnt Time tbc	17	18
19	20	21 Fitness Training 7.15-8.30pm Dunbar Park	22	23 Hockey Training Ryde Hockey Cnt Time tbc	24	25 Internal Trials Ryde Hockey Cnt TBC
26	27	28 Fitness Training 7.15-8.30pm Dunbar Park	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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# Women's Premier Division Squad 2012

## Pre Season Training Schedule

March 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Hockey Training Ryde Hockey Cnt Time tbc	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b> Hockey Training Ryde Hockey Cnt Time tbc	<b>7</b>	<b>8</b> Hockey Training Ryde Hockey Cnt Time tbc	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b> Hockey Training Ryde Hockey Cnt Time tbc	<b>14</b>	<b>15</b> Hockey Training Ryde Hockey Cnt Time tbc	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b> Hockey Training Ryde Hockey Cnt Time tbc	<b>21</b>	<b>22</b> Hockey Training Ryde Hockey Cnt Time tbc	<b>23</b>	<b>24</b>
<b>25</b> SWHL Round Robin Homebush Time tbc	<b>26</b>	<b>27</b> Hockey Training Ryde Hockey Cnt Time tbc	<b>28</b>	<b>29</b> Hockey Training Ryde Hockey Cnt Time tbc	<b>30</b>	<b>31</b>

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# Women's Premier Division Squad 2012

## Pre Season Training Schedule

April 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Hockey Training Ryde Hockey Cnt Time tbc	4	5 Hockey Training Ryde Hockey Cnt Time tbc	6 Good Friday	7 Easter Saturday  Club Social Event The Races
8 Easter	9 Easter Monday	10 Hockey Training Ryde Hockey Cnt Time tbc	11	12 Hockey Training Ryde Hockey Cnt Time tbc	13 Premier Division Season Stars TBC	14
15	16	17	18	19	20	21
<b>In Season Training Program</b>						
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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