

Target: 36-40 hours

TRAINING SCHEDULE 2017-18: NORTHWEST REGION (GIRLS)

Training schedules are subject to change and could be affected by adverse weather, turf availability or other factors. Cancelled hours will be rescheduled wherever possible and may fall on holidays.

2017	Date	Time	T2T/T2C	Venue	Notes	T2T Hrs	T2C Hrs
Sunday	24-Sep	4:30-6:30pm	T2T U15	Hamber	Fitness Test #1		TRIAL
		7:30-9pm	T2C U18				
Friday	17-Nov	No training					
Sunday	19-Nov	5-7pm	T2T U15	Hamber-	CANCELLED	X	
		7-9pm	T2C U18		CANCELLED		X
Friday	24-Nov	No training					
Saturday	25-Nov	7:30-11:30am	T2T U15	Richmond Oval	Fitness Test #2	4	
		11:30-3:30pm	T2C U18				4
Sunday	26-Nov	4:30-6:30pm	T2T U15	Hamber		2	
		6:30-8:30pm	T2C U18			2	
Friday	1-Dec	No training					
Sunday	3-Dec	4:30-6:30pm	T2T U15	Hamber		2	
		6:30-8:30pm	T2C U18			2	
Friday	8-Dec	No training					
Sunday	10-Dec	No training					
Friday	15-Dec	No training					
2018	Date	Time	T2T/T2C	Venue	Notes	T2T Hrs	T2C Hrs
Friday	12-Jan	6-8pm	T2T U15	Rutledge	no lights	x	
Sunday	14-Jan	6-8pm	T2T U15	Rutledge	Fitness Test #3	2	
		7-9pm	T2C U18				2
Friday	19-Jan	6-8pm	T2T U15	Rutledge	flooded	x	
Sunday	21-Jan	6-8pm	T2T U15	Rutledge		2	
		7-9pm	T2C U18			2	
Friday	26-Jan	6-8pm	T2C U18	Rutledge			2
Sunday	28-Jan	6-8pm	T2T U15	Rutledge	Classroom	2	
		630-830pm	T2C U18	Hamber			2
Friday	2-Feb	7-9pm	T2C U18	Rutledge			2
Sunday	4-Feb	6-8pm	T2T U15	Hamber	Yo Yo #4	2	
		7-9pm	T2C U18				2
Fri-Sun	Feb 9-11	no scheduled training - may be used for make-up hours					
Friday	16-Feb	6-8pm	T2C U18	Rutledge			2
Sunday	18-Feb	6-8pm	T2T U15	Hamber-		x	
		7-9pm	T2C U18	Rutledge			x
Friday	23-Feb	7-9pm	T2C U18	Rutledge			x
Sunday	25-Feb	630-830pm	T2T U15	Hamber-		x	
		7-9pm	T2C U18	Rutledge			x
Friday	2-Mar	6-8pm	T2C U18	Rutledge			2
Sunday	4-Mar	430-630pm	T2T U15	Hamber		2	
		7-9pm	T2C U18	Rutledge			2
Friday	9-Mar	6-8pm	T2T U15	Rutledge		2	
		8-930pm	T2C U18	Hamber	new!		1.5
Sunday	11-Mar	630-830pm	T2T U15	Hamber		2	
		7-9pm	T2C U18	Rutledge			2
Friday	16-Mar	6-8pm	T2C U18 T2T U15	Rutledge	new!	2	x

Sunday	18-Mar	430-630pm	T2T U15	Hamber		2	
		630-830pm	T2C U18 #1		Tournament prep 1		2
		7-9pm	T2C U18 #2	Rutledge	Tournament prep 1		
Friday	23-Mar	6-8pm	T2T U15	Rutledge	new!	2	
Sunday	25-Mar	6-8pm	T2C U18	Rutledge	new! Team training		2
Mar 30-April 1						x	x
Friday	6-Apr	630-830pm	T2C U18 #1	Hamber	Tournament prep 2	x	2
		8-10pm	T2C U18 #2	Rutledge			
Sunday	8-Apr	430-630pm	T2T U15	Hamber		2	
		630-830pm	T2C U18 #1	Hamber	Tournament prep 3		2
		630-830pm	T2C U18 #2	Rutledge	Tournament prep 3		
Fri-Sun	April 13-15	T2C Tournament April 13-15 Surrey					
Friday	13-Apr	630-830pm	T2T U15 #1	Hamber	Tournament prep 1	2	
Sunday	15-Apr	630-830pm	T2T U15 #2				
Friday	20-Apr	630-830pm	T2T U15 #1	Hamber	Tournament prep 2	2	
Sunday	22-Apr	430-630pm	T2T U15 #2				
Friday	27-Apr	630-830pm	T2T U15 #1	Hamber	Tournament prep 3	2	
Sunday	29-Apr	630-830pm	T2T U15 #2				
Fri-Sun	May 4-6	T2T Festival May 4-6 Surrey					

36

37.5