



ST BERNARD'S OCCC



2018 / 2019 Pre-Season Training Schedule

DATE	TIME	VENUE	SESSION TYPE
Thu 26 th July	7.30-8.30pm	Western Sports Centre	Bat / Bowl – 2 long lanes
Tue 31 st July	7:15-8:00pm	F45	Fitness
Thu 2 nd August	7.30-8.30pm	Western Sports Centre	Bat / Bowl – 2 long lanes
Tue 7 th August	7:15-8:00pm	F45	Fitness
Thu 9 th August	7.30-8.30pm	Western Sports Centre	Bat / Bowl – 1-long, 1-machine
Sun 12 th August	10.00-11.30am	St Bernard's Outdoor Nets	Bat/Bowl/Field
	1pm onwards	FAMILY DAY FUNCTION	LEVESON HOTEL
Tue 14 th August	7:15-8:00pm	F45	Fitness
Thu 16 th August	7.30-8.30pm	Western Sports Centre	Bat / Bowl – 1-long, 1-machine
Sun 19 th August	10.00-12.00pm	St Bernard's Outdoor Nets	Bat/Bowl/Field
Tue 21 st August	7:15-8:00pm	F45	Fitness
Thurs 23 rd August	8.30-9.30pm	Western Sports Centre	Bat / Bowl – 2 long lanes
Sun 25 th August	10.00-12.00pm	St Bernard's Outdoor Nets	Bat/Bowl/Field
Mon 27 th August	7:15-8:00pm	F45	Fitness
Thu 30 th August	8.30-9.30pm	Western Sports Centre	Bat / Bowl – 1-long, 1-machine
Sun 2 nd September	10.00-12.00pm	St Bernard's Outdoor Nets	Bat/Bowl/Field
Mon 3 rd September	7:15-8:00pm	F45	Fitness
Thu 6 th September	7.30-8.30pm	Western Sports Centre	Bat / Bowl – 1-long, 1-machine
Sun 9 th September	10.00-12.00pm	TBC	PRACTICE MATCH / Nets
Mon 10 th September	7:15-8:00pm	F45	Fitness
Thu 13 th September	7.30-8.30pm	Western Sports Centre	Bat/Bowl – 1 long, 1 machine
Sun 16 th September	10.00-12.00pm	TBC	PRACTICE MATCH / Nets
Mon 17 th September	7:15-8:00pm	F45	Fitness
Thu 20 th September	7.30-8.30pm	Western Sports Centre	Bat / Bowl – 2 long lanes
Sun 23rd September	10.00-12.00pm	JUNCTION OVAL INDOOR NETS	Bat / Bowl – 2-long lanes
Mon 24 th September	7:15-8:00pm	F45	Fitness
Thu 27 th September	7.30-8.30pm	Western Sports Centre	Bat / Bowl – 2 long lanes
Sat 29 th September	9.00-11.00am	St Bernard's Outdoor Nets	Bat / Bowl / Field
Tue 2 nd October	6.00-7.30pm	St Bernard's Outdoor Nets	Training & Club Standards
Thu 4 th October	6.00-7.30pm	St Bernard's Outdoor Nets	Training & Selection Dinner
Sat 6 th October	Round 1	TBA	Are we ready? Prepared enough?

VENUE DETAILS

Western Sports Centre	2/310 Foleys Rd, Derrimut	Cost \$5 – Arrive 15 min prior to warm up
F45	2/5 Connect Rd, Truganina	Cost \$10 CASH! – Arrive 10min prior
Junction Oval Indoor Nets	Lakeside Drive – CitiPower Centre	Cost \$5 – Arrive 15 min prior to warm up
St Bernard's Outdoor Nets	Gate 8 – Hampton Rd, West Essendon	Full Kit (including spikes)

TRAINING EXPECTATIONS

- Players must wear St Bernard's CC training gear to all sessions
- Attendance will be recorded – this will contribute to team selections across all grades come Round 1.
- Please call (no text) Senior Coach **Nigel Freebairn 0413 644457** if you can't attend a session with a valid reason.
- **COMPULSORY SESSIONS – ALL PLAYERS EXPECTED TO ATTEND THESE TWO SESSIONS!**