



Dear Player,

AFL Queensland would like to invite you to participate in the 2010/2011 pre-season training program. The program will commence on Wednesday 3rd of November 2010 at 4:45pm – 6:15pm, and will be held at Queens Park, Godsall Street

The program primarily will be structured around basic footy skills, fitness, strength and conditioning, concentrating on player weaknesses i.e. kicking, marking and handball. **This program is designed to give players the progressive development and discipline required to be competitive at a state, or regional representative level and excel at club level competition. Note: Those players who experience lengthy travel to get to training will not be expected to attend all sessions. An appropriate schedule will be organized for these players either at a training session or over the phone.**

The program is run by experienced and qualified AFLQ development staff and fitness-qualified specialists, whose main aim is to give every player the opportunity to develop their football skills/knowledge to the highest level possible.

Please note: This is not a representative squad and I strongly encourage **all** players to attend; what is a great opportunity to experience quality coaching in a safe, professionally run environment. Please bring the following: Boots, Joggers, Water bottle, hat to every session

Please find attached the complete pre season program for 2010\2011. Back of page

We recommend that all players in the under 16/18 age group attend the first session on Wednesday 3rd November, as the 2011 Representative/Toowoomba Crows programs will be explained and coaches introduced. I recommend that you attend the first session.

We look forward to your participation in our pre-season program and look forward to witnessing your development as one of our future stars.

If you require any further information please contact:

Keith Webb (Development Manager) M: 0438 890 379
AFL Queensland Office 4632 2994

Yours Sincerely,

Keith Webb
Development Manager
AFL Queensland

DATE	Type of Session	Venue	Time
3rd Nov	Draft Combine Testing - Round 1	Queens Park, Godsall Street	4:45pm to 6:15pm
5th Nov	Skill Testing/3km Time Trial - Round 1	Queens Park, Godsall Street	4:45pm to 6:15pm
10th Nov	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
12th Nov	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
17th Nov	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
19th Nov	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
24th Nov	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
26th Nov	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
1st Dec	Cross Training Event	Queens Park, Godsall Street	4:45pm to 6:15pm
3rd Dec	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
8th Dec	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
10th Dec	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
15th Dec	Draft Combine Testing - Round 2	Queens Park, Godsall Street	4:45pm to 6:15pm
17th Dec	Skill Testing/3km Time Trial - Round 2	Queens Park, Godsall Street	4:45pm to 6:15pm

DATE	Type of Session	Venue	Time
19th Jan	Draft Combine Testing - Round 3	Queens Park, Godsall Street	4:45pm to 6:15pm
21st Jan	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
28th Jan	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
2nd Feb	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
4th Feb	Fitness/Skills/Conditioning	Queens Park, Godsall Street	4:45pm to 6:15pm
9th Feb	Skill Testing/3km Time Trial - Round 3	Queens Park, Godsall Street	4:45pm to 6:15pm
11th Feb	Draft Combine Testing - Round 4	Queens Park, Godsall Street	4:45pm to 6:15pm