

Important Dates to Remember:

Sunday 16 th December	8.30am	Casey Fields Athletic Track, 160 Berwick - Cranbourne Road, Cranbourne East Map (Melway 134 E7)
Monday 17 th December	5.15pm	Mentone Bowls Club...Corner Balcombe Rd and Swanston Street, Mentone Melway Ref 87 A5. <u>Christmas Break starts.</u>

3km time trial:

Reminder for everyone to be there by 8.15am! Make sure you hydrate correctly over the next few days with back to back 30 plus degree days.

Monday 17th Christmas Break:

The club has booked a session at the **Mentone Lawn Bowls Club** for our last session. Dress requirements are neat casual, but you must wear FLAT RUNNERS. We will play a couple of games and finish with a BBQ (I am looking for a few parents to help out with cooking and serving- please see me Friday or shot me an email/SMS). Parents are most welcome to join us- drinks available over the bar (Club will pay for Bowls and BBQ). Matt Jones and Adrian Fisers will hand out Christmas holiday training plans...the night will finish by 7.30pm....PLEASE LET ME KNOW IF YOU WILL NOT BE ATTENDING FOR CATERING PUPOSES AND RECEIVING YOUR CHRISTMAS HOLIDAY TRAINING SCHEDULE...

Injury Protocol:

You must report to the physio any injury, soreness or joint pain so it can be monitored and **rehabilitated**. Michelle or Mark Scholes at "be your best physiotherapy" are the preferred club physiotherapists, attend Stingrays training and are contactable on 5996 2693(W). Some players have been getting treatment for injuries from other medical practitioners, chiropractors, physiotherapists etc. due to travel, injury history, family choice which is OK but please have a copy of findings and rehabilitation programs sent to the Stingrays by hand, mail or email which allows us to be across all aspects of your fitness levels and injury progress.

Skinfolds: These players must see John Bonner on Sunday prior to the 3km run:

NYALL YOUNG, JAMES FREEMAN, KYLE SALERNO, BRODY CONNELLY, AARON WILSON, KRISTIAN HARPER, SAM BANFIELD, TAYLOR JOYCE AND RYAN MARKS-LOGAN.

Remaining 2012 Training Dates:

DATE:	TIME	TRAINING OUTLINE
Wednesday 12 th December	5.30pm	Tatterson Park, Keysborough. Skills session. Combined session with Under 16's. Running/Boxing/Core stability and skills session.
Friday 14 th December	5.30pm	Tatterson Park, Cheltenham Rd Keysborough. Skills session, core stability and remedial work, plus game sense training. Extra running for those behind acceptable standard.
Sunday 16 th December	8.30am	Casey Fields Athletic Track, 160 Berwick - Cranbourne Road, Cranbourne East Map (Melway 134 E7)
Monday 17 th December	5.15pm	Mentone Bowls Club Swanston Street, Mentone. Melway Ref 87 A5. <u>Christmas Break starts.</u>
Please note: INDIVIDUAL PROGRAMS WILL BE HANDED OUT FOR PLAYERS TO COMPLETE ALONE OR IN SMALL LOCAL GROUPS OVER THE CHRISTMAS BREAK- A DIARY MUST BE COMPLETED OVER THIS PERIOD.		
Friday 18 th January (2013)	5.30pm	Tatterson Park, Cheltenham Rd Keysborough. Skills session, core stability and remedial work, plus game sense training. RECORDING SKINFOLDS.
Sunday 20 th January (2013)	8.30am	Casey Fields Athletic Track, 160 Berwick - Cranbourne Road, Cranbourne East Map (Melway 134 E7)
Monday 21 st January (2013)	5.30pm	Tatterson Park, Keysborough. Skills session. RECORDING SKINFOLDS.

Office Address: Shepley Oval, Pultney Street, Dandenong

Mailing Address: PO Box 1313, Dandenong VIC 3175

Phone: (03) 9791 8656 | **Fax:** (03) 9791 8989

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Coach: Graeme Yeats (Mobile: 0417 273 952)

E-mail: Mark.Wheeler@aflvic.com.au | **Website:** <http://dandenongstingrays.aflvic.com.au>

Wednesday 23 rd January (2013)	5.30pm-North 6.00pm-South	Shepley Oval, Dandenong (North group) and (South group) Conditioning session. Physio in Attendance.
Friday 25 th January (2013)	5.30pm	Tatterson Park, Cheltenham Rd Keysborough. Skills session, core stability and remedial work, plus game sense training. Extra running for those behind acceptable standard
Sunday 27 th January (2013)	8.30am	Lysterfield Park, Horswood Road, Lysterfield, Melways Ref 108 D2. Group running program for main group. Parking and coffee shop available
Monday 28 th January (2013)	5.30pm	Tatterson Park, Keysborough. Skills session.
Wednesday 30 th January (2013)	5.30pm-North 6.00pm-South	Shepley Oval, Dandenong (North group) and (South group) Conditioning session. Physio in Attendance.
Friday 1 st February (2013)	5.30pm	Tatterson Park, Cheltenham Rd Keysborough. Skills session, core stability and remedial work, plus game sense training. Extra running for those behind acceptable standard
Sunday 3 rd February (2013)	8.30am	Rye Back Beach, St Andrews Beach Melway Ref 251 F5 Group running program and team activities.

TAC Cup 2013 Schedule and Key Dates:

Sunday Dec 16 th 2012	3km time trial- Casey Fields, Cranbourne.
Monday Dec 17 th 2012	Last session prior to Christmas- Handout Christmas program
Fri Jan 18 th 2013	First session back in the New Year
Sunday Jan 20 th 2013	3km time trial- Casey Fields, Cranbourne.
Sunday Feb 10 th 2013	Intra club selection game- Venue TBC
Sunday Feb 17 th 2013	Intra club selection game- Venue TBC
Monday Feb 18 th 2013	Initial List announced
Fri Feb 22 nd - Sun Feb 24 th	Live in camp for all listed players
Sat 2 nd March	Practice match vs Sandringham Dragons (Time & Venue TBC)
Saturday March 9 th	AFL Victoria fitness testing, drug education, driver education, racial & religious vilification education for all players & their parents.
Sunday March 17 th	Practice matches v Gippsland Power Time and Venue TBC.
Saturday March 30 th	TAC Cup Round 1 v Gippsland Power 1.00pm, Morwell. (Easter weekend)
Saturday April 13 th	TAC Cup Round 3 Bendigo-Country Triple Header Round- Metro Bye Vs Geelong Falcons 3.00pm, QEO Bendigo.
Frid/Sun April 12 th /14 th	Vic Country Under 16 Country Carnival in Bendigo.
Sat/Sun May 11 th /12 th	TAC Cup Bye
	U18 Trial Match – Vic Country vs. Vic Metro
Saturday May 18 th	Vic Country Camps
Sat/Sun May 25 th /26 th	Vic Country vs Northern Territory
Sat/Sun June 8 th /9 th	Vic Country vs Tasmania - TAC Cup Bye Weekend
Sat/Sun June 29 th /30 th	Vic Country vs WA Etihad Stadium
Sat/Sun July 20 th /21 st	Vic Country vs Vic Metro- Futures -TAC Cup Bye Weekend

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