



Football Victoria

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MEMORANDUM

| | |
|--------------|----------------------------------|
| To: | Summer Training Squad Players |
| From: | Ryan O'Connor |
| Date: | 12 February 2013 |
| Re: | SDFC PRE-SEASON CAMP 2013 |

One of the final activities before the commencement of the 2013 TAC Cup season is to have our players involved in a live in camp.

This camp provides the opportunity to work on team rules and team structures as well as players to form and forge new bonds with team mates.

We provide a number of leadership sessions to all involved which allows us to select the club captain and leadership group for the football season. Also a number of personal development and challenges are identified for players.

The football camp will conclude with two practice matches against Gippsland Power.

Summary

Camp Dates: Friday, 22 February to Sunday, 24 February
Departure: 5.30pm, 22 February, from Princes Park, Caulfield South
Where: Woorabinda School Camp (ph: 5167 1458)
North Shore Road, Yallourn North VIC 3825. Yallourn North 5 km,
Melbourne 150 km. Vic Roads Country Directory 97 F4.
Cost: **\$220.00** (Inclusive of all meals) **Cash to be paid when entering bus**

If for some reason a player cannot attend either the full camp or part of the camp once they confirmed that their absence is ok they will be required to pay either **\$120** for a one night stay or **\$50** if they are just playing the Practice Matches on the Sunday. This will go towards additional fees incurred on the weekend camp including staff expenses etc.

Transport: Bus or Parents vehicle upon approval
Practice Matches: Game 1: 11.00am at Churchill Football Ground
Game 2: 1.00pm at Churchill Football Ground

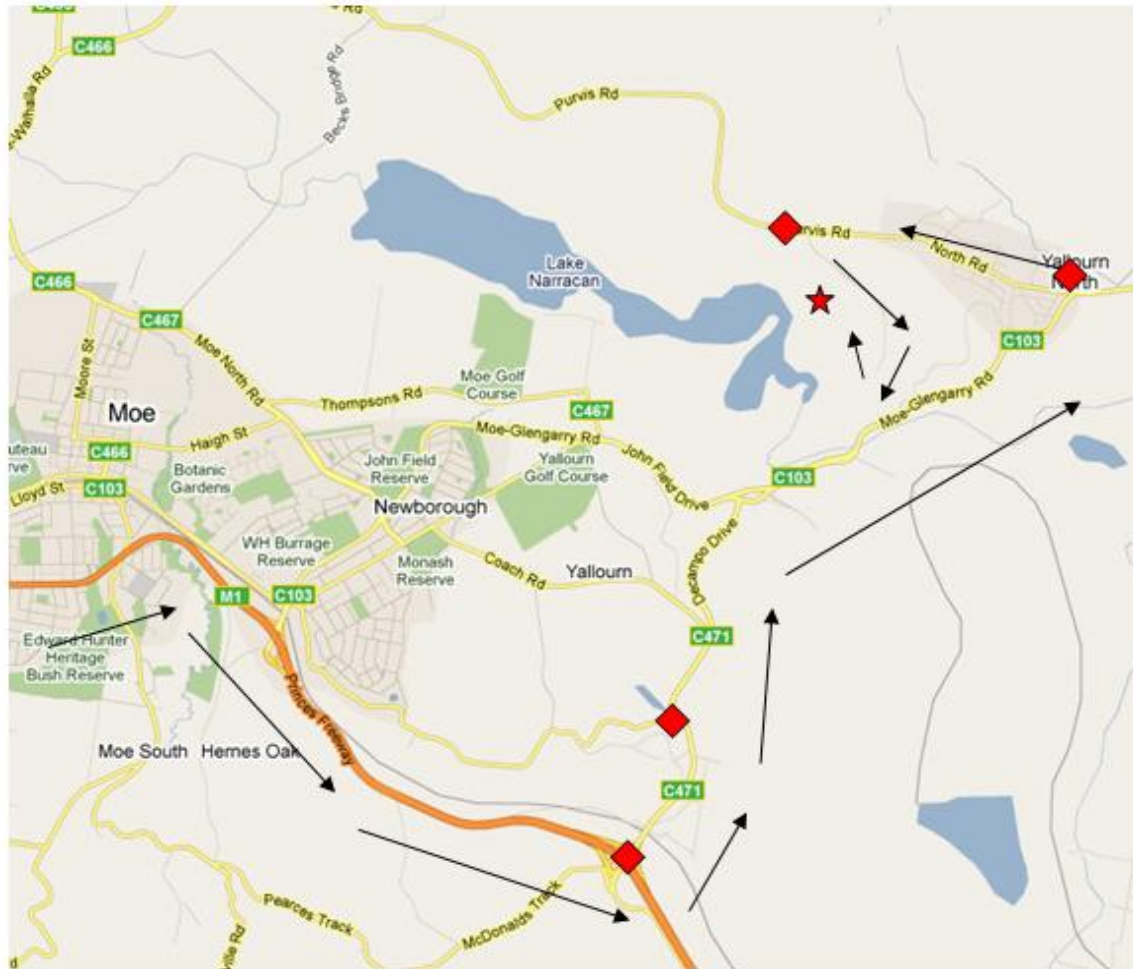
Arrival Back at Caulfield: We expect to arrive back at Caulfield on the Sunday at approximately 6:30pm. We do suggest to boys to call parents on the way home to confirm an exact time in case of any delays.

The weekend will be supervised by Sandringham Dragons and Woorabinda staff and all in attendance will be required to undertake a range of housekeeping tasks on a rostered basis. Any damage or breakages occurring on camp may become the responsibility of the person(s) causing the damage.

Speed hurts. TAC

LOCATION MAP FOR CAMP

Woorabinda School Camp, North Shore Road, Yallourn North VIC 3825.
Yallourn North 5 km, Melbourne 150 km. Vic Roads Country Directory 97 F4
(See Map below).



★ - Woorabinda School Camp

Directions (from Melbourne):

- Follow the M1 until the second Yallourn Nth Exit
- Follow the Yallourn Nth signs
- Turn left into Yallourn Nth
- At the 'T' intersection turn left onto Purvis Rd
- After Approximately 1km turn left into Howletts Rd
- Follow the Woorabinda signs
- Turn right onto North Shore Rd
- Woorabinda School Camp is approximately 800m on your right
- **Note: You will not find us on a GPS**

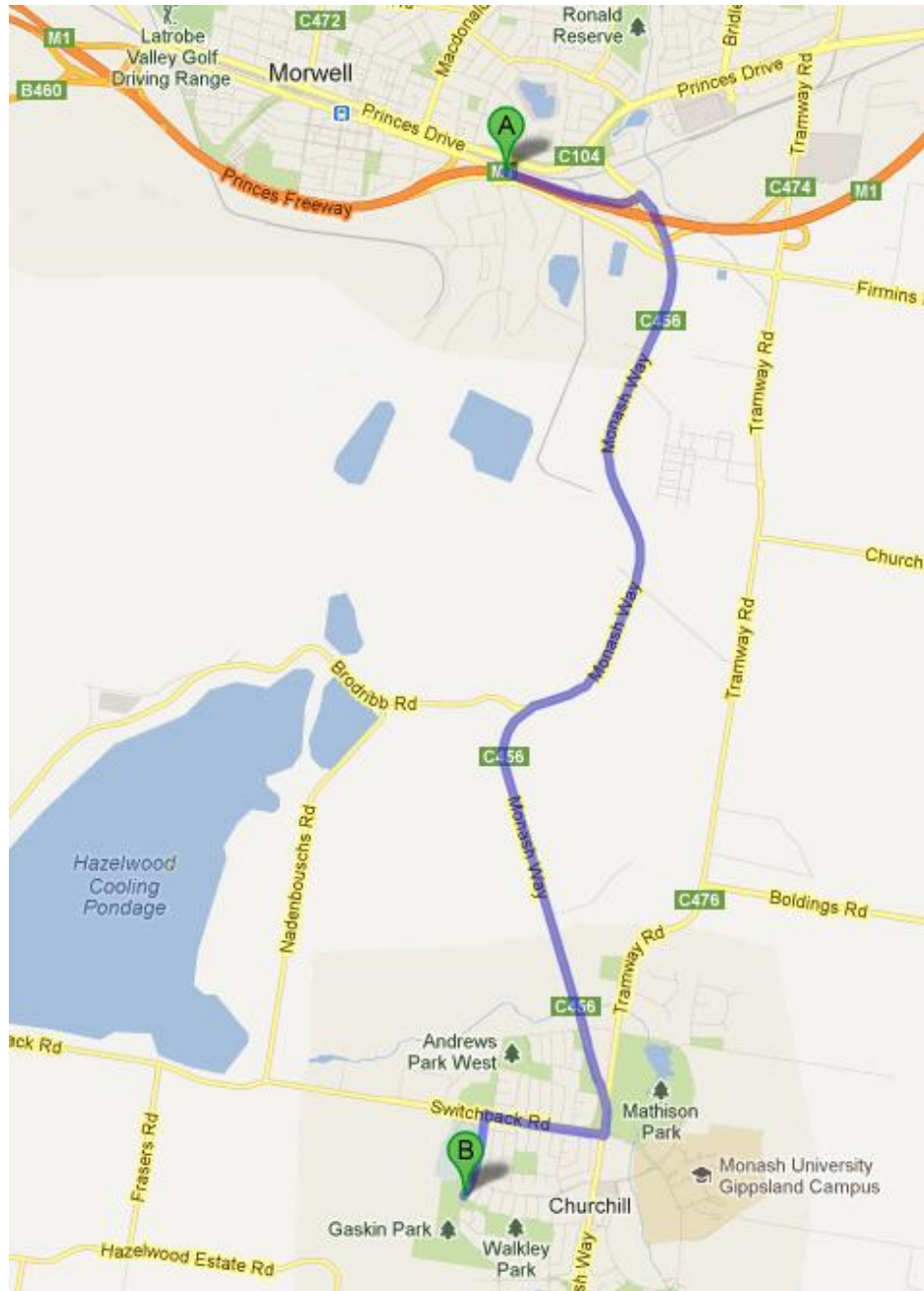
SUNDAY GAME

Both games against Gippsland will be played at Churchill Football Ground.

Churchill Football Ground, Manning Drive, Churchill

GAME 1: 11.00am

GAME 2: 1.00pm



CHECKLIST FOR WHAT TO BRING

The emphasis is to travel light and bring a minimum of items:

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|--------------------------|---|
| <input type="checkbox"/> | Sleeping Bag |
| <input type="checkbox"/> | Pillow |
| <input type="checkbox"/> | Toiletries |
| <input type="checkbox"/> | Towel |
| <input type="checkbox"/> | Clothes for Saturday (including football training gear) |
| <input type="checkbox"/> | Clothes for Sunday |
| <input type="checkbox"/> | Playing Gear for Sunday Matches–White Shorts & Dragons (Blue, Maroon White) Socks |
| <input type="checkbox"/> | Personal Snacks |
| <input type="checkbox"/> | Swimmers |
| <input type="checkbox"/> | Runners |
| <input type="checkbox"/> | Money for additional drinks / snacks from canteen Sunday |
| <input type="checkbox"/> | Sun Cream |

CATERING

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|---------------------------------|---|
| Friday 22nd | Own Meals / Money for food, as we will stop off in Morwell |
| Saturday 23rd | Breakfast - Variety of Cereals, Toast and Juices |
| Saturday 23rd | Lunch - Pizza's from Smokin Doughs, Whole Fresh Fruit and Muffins |
| Saturday 23rd | Dinner - 2 Course Spit Roast |
| Sunday 24th | Breakfast - Variety of Cereals, Toast and Juices |
| Sunday 24th | Lunch - Ham and Salad Rolls after the Game |