

Important Dates to Remember:

DATE:	TIME	TRAINING OUTLINE
Sunday March (2013) 3 rd	10.00am 12.00pm	Practice Matches Against Sandringham Dragons (2 games). Trevor Barker Beach Oval, Sandringham. Rehab at Beach. Melway Map 76 F8
Monday March (2013) 4 th	5.30pm	Shepley Oval, Dandenong. Light Skills session and stretching/core work. MATCH REVIEW...

Feb 17th Intra Club Feedback:

It was a few weeks back, but I thought in the tough conditions players did very well on the day making it very hard for the Operations group in selecting the list for 2013, hence the extra players given an opportunity. Now the real work starts with the upcoming practice matches against Sandringham Dragons this Sunday followed up with Gippsland Power in two weeks time. I would highly suggest to you all to use the feedback that has been given to you over the past few weeks/months and in the weeks ahead to help you gain an opportunity to play in 2013. As Graeme said there is a huge number of players we have and the preference is given to 18/19 year olds who are in their draft window. It also means there are many players ready to pounce on your spot if given a chance.

Practice Games- Sandringham Dragons: Players will be allocated into 2 teams and play 4 quarters each. The Coaching staff will play individuals in position THEY feel will help us in 2013/14. Once the game is completed we as a group will do a rehab session at Sandringham beach. Teams will be announced this Wednesday (27th February) after training- **Reminder we are at Shepley Oval.** Arrival times are 9.00am for the 10.00am game and 11.00am for the 12.00pm game. Injured players will help run water and act as Goal Umpires.

Camp Fees: Thank you to nearly everyone who handed in their interchange agreement forms, Sponsorship forms/payments or Camp fees. For the handful of players who said they were going to get to me, please make sure you do it this week, or talk with me if there is a problem.

Urgency: Those owing Sponsorship forms please follow up ASAP so I can invoice them for payment.

Season Levies or Player Sponsors: Player sponsors or In-Season Levies are now due. Thank you to those who managed to get their sponsors information in by the camp. Just for clarification for everyone, If a player makes the 2013 TAC Cup list or Development list, an in-season levy of \$350 is payable prior to the jumper presentation night, which is Thursday March 21st. A player does not have to pay the in-season levy if they can get a company to sponsor them by this date. Players can also have their camp levy of \$150 reimbursed- if you can get one organized prior to the club jumper presentation night. Players who opted to pay the in season fee will receive an invoice this week.

2013 Camp Wrap: As a group- ***“the best we have seen to date”***, but please don't take this as a sign to slacken or drop the standard you have all set...Quick feedback from me: Very pleasing that everyone participated in all events, with the Red Faces a highlight. (***“Oreo's”*** needing a mention for taking out the prize) Graeme and myself will be talking with the leadership group this week to get onto the next stage of setting the leadership plan into action, but start making notes what you need to do to be part of ***We Are 1 (WE1)***.. If you have a suggestion on the camp format that you think might be an improvement for the future please talk with the leadership group who will be conversing feedback for me. ***Ps Camp photos are up on the facebook page. Get around Blake and Harmsy for the fines boys...#local media stars!***

Who are you questionnaire: those players who didn't get the opportunity to tell us all what they found out about the person will get an opportunity to do so each Thursday night starting on Thursday before Round 1...***PLEASE*** put them into your handbook and bring each Thursday- you will be called randomly.

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Goal Setting and Welfare Sheets: Players have been given till Tuesday 12th March to hand sheets back to Adam or Bob (Riddle). Remember in helping you set your goals on and off the field you should talk with your line coach and/or Graeme Yeats. Matt Jones and Adrian Fisers are two very experienced individuals that can also help you over the next 6-8 months, with some of you the next two years. I would suggest you gather your testing information before you speak with them and have an idea on what area/s you would like to improve- there is 59 of you!

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.

Local club registration: There still are a few players who haven't done so...Please make this a priority and notify PB when this has been completed.

Competition Sponsorship obligations: The TAC Cup is sponsored by the Transport Accident Commission and all players are expected to have (must have) their Learners permit by January 31st and to practice driving at every opportunity. Drink driving and reckless driving will result in a player being removed from the program; no if's, no but's; first and final warning. Players Graduated Learning System Log books will be regularly checked with a series of benefits becoming available to players when they achieve a predetermined number of practice hours. During the pre-season and throughout 2013, the Stingrays will be required by the TAC to conduct a number of educational sessions, structured driving practice opportunities, logbook viewings etc as part of the competitions sponsorship agreement.

TAC Cup 2013 schedule and key dates:-

Sunday 3 rd March	Practice match vs Sandringham Dragons (Venue: Trevor Barker Beach Oval, Sandringham Melway Map 76, F8 Times: 10.00am and 12.00pm)
Saturday March 9 th	AFL Victoria fitness testing, drug education, driver education, racial & religious vilification education for all players .
Sunday March 17 th	Practice matches v Gippsland Power (Venue: Main Oval, Pakenham. Times: 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, 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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Training/ Game and Rehab Dates to Remember:

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Wednesday 27th 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
Friday 1st March (2013)	5.30pm	Tatterson Park, Cheltenham Rd Keysborough. Skills session, core stability and remedial work. Game simulation for Sundays Practice game
Sunday 3rd March (2013)	10.00am 12.00pm	Practice Match Against Sandringham Dragons (Under 17 & Under 18 Game). Trevor Barker Reserve, Sandringham. Melway Map 76 F8. Rehab straight after at Sandringham Beach. Arrival times are 9.00am for 10.00am game and 11.00am for 12noon game. PHYSIO IN ATTENDANCE
Monday 4th March (2013)	5.30pm	Shepley Oval, Dandenong. Skill session and match review. PHYSIO IN ATTENDANCE
Thursday 7th March (2013)	5.30pm	Tatterson Park, Cheltenham Rd Keysborough. Skills session, core stability and remedial work.
Saturday 9th March (2013)	12.30pm Arrival Conclusion estimated 5.00pm.	TAC/ AFL Victoria fitness testing, drug education, driver education, racial & religious vilification education for 45 TAC Cup Listed players- Held at Maribyrnong Secondary College. (4-4.5 hours) Lunch packs (Chicken Salad Roll/ Muffin/ Snack bar, plus fruit and powerade) will be provided for all players at a cost of \$10 each, Please make payment to PB or Wheels by Monday 4th March.
Monday 11th March (2013)	Night off	Labour Day Weekend Holiday- Own Weights and Core session.
Tuesday 12th March (2013)	5.30pm	Shepley Oval, Dandenong Conditioning session. Physio in Attendance.
Thursday 14th March (2013)	5.30pm	Shepley Oval, Dandenong. Skills session, core stability and remedial work. Game simulation for Sundays Practice game
Sunday 17th March (2013)	1.00pm 3.00pm	Practice Matches Against Gippsland Power (2 games). Pakenham Main Football Ground. Arrival times are 12.00pm for 1.00pm game and 1.00pm for 3.00pm game. PHYSIO IN ATTENDANCE
Tuesday 19th March (2013)	5.00pm	Shepley Oval, Dandenong Conditioning session. PHYSIO IN ATTENDANCE
Thursday 21st March (2013)	5.00pm	Shepley Oval, Dandenong. Skills session, core stability and remedial work. Game simulation. Announce list of 30 for Saturdays training session- others to play in local Practice games if scheduled- unless told not to by Medical staff.
Thursday March 21st (2013)	7.00pm	2013 TAC Cup Under 18 Squad Jumper Presentations. Shepley Oval, Dandenong. Compulsory for all listed players- family friendly event. Light supper served (Finger Food). ***Cost- Food covered by club. Drinks at Bar Prices.
Saturday 23rd March (2013)	10.00am	Main Group (30 TBA) Venue to be confirmed. 90 minute training session in preparation for round 1.
Sunday 24th March (2013)	10.00am	Rehab session. ALL PLAYERS (Unless playing in local games) Frankston Surf Lifesaving Club. Melway Ref 100A B6. Address: Wells street Frankston.
Tuesday 26th March (2013)	5.30pm	Shepley Oval, Dandenong. Training for all listed players. Squad for TAC Cup Rd 1 announced.

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Thursday 28th March (2013)	5.30pm	Shepley Oval, Dandy. Training for squad for TAC Cup Rd 1. Dinner- 7.30pm. All parents of players invited to attend.
Saturday 30 th March	1.00pm Game	Morwell Recreation Reserve. TAC Cup Round 1 (Gippsland Power). White shorts and Stingrays off field apparel only. Players to arrive in time for a 11.30am meeting. There will be an Under 16 game between Stingrays and Power as a curtain raiser. All Stingrays Learner drivers (both U18 and U16) are expected to drive to Morwell for the game. Every player who does will receive a TAC beanie- must register the drive before with Wheels.
Sunday 31st March	10.00am	Rehab-entire squad! Frankston Surf Life Saving Club, Wells Street Frankston. Melway Ref 100A B6
Monday 1 st April		Leg Rest Day
Tuesday 2 nd April	5.30pm	Shepley Oval, Dandenong. Training for all listed players. Squad for TAC Cup Rd 2 announced.
Wednesday 3 rd April		Unsupervised weights for entire squad
Thursday 4 th April	5.30pm	Shepley Oval, Dandy. Training for squad for TAC Cup Rd 2. Dinner 7.30pm. Parent group welcome.
Saturday 6th April	4.00pm	Bayswater. TAC Cup Round 2 (Eastern Ranges). White shorts and Stingrays off field apparel only. Players to arrive in time for a 2.30pm meeting.
Sunday 7th April	10.00am	Rehab-entire squad! Frankston Surf Life Saving Club, Wells Street Frankston.
Monday 8th April		Leg Rest Day
Tuesday 9th April	5.30pm	Shepley Oval, Dandenong. Training for all listed players. Squad for TAC Cup Rd 3 announced.
Wednesday 10 th April		Unsupervised weights for entire squad
Thursday 11th April	5.30pm	Shepley Oval, Dandy. Training for squad for TAC Cup Rd 3.
Saturday 13th April	3.00pm Game	Queen Elizabeth Oval (QEO) Bendigo, TAC Cup Round 3 (Geelong Falcons). White shorts and Stingrays off field apparel only. Players to arrive in time for a 1.30pm meeting.
Sunday 14th April	10.00am	Rehab-entire squad! Frankston Surf Life Saving Club, Wells Street Frankston.
Tuesday 16th April	5.30pm	Shepley Oval, Dandenong. Training for all listed players.
Wednesday 17th April		Unsupervised weights for entire squad
Thursday 18th April	5.30pm	No training due to TAC Cup bye for Vic Country trials- those players invited into trials to train and play local.
Saturday 20 th April		Vic Country U18 Trial

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