

University Football Club Senior Squad Pre-Season Training Program 2010

DATE	ACTIVITY	VENUE	TIME
Tues 26 th Jan	No Training – Australia Day Public Holiday	n/a	n/a
Thurs 28 th Jan	Skills / Game style	McGillivray	6pm – 7.30pm
Sat 30 Jan	Optional session - fitness	South City Beach Groyne	8.30am – 9.30am
Tues 2 nd Feb	Skills / Game style	McGillivray	6pm – 7.30pm
Thurs 4 th Feb	Skills / Game style	McGillivray	6pm – 7.30pm
Tues 9 th Feb	Skills / Game style	McGillivray	6pm – 7.30pm
Thurs 11 th Feb	Skills / Game style (includes 30 min' presentation on medical/injury)	McGillivray	6pm – 7.45pm
Sat 13th Feb	Optional session - fitness	Bold Park Skate Bowl	8.30am – 9.30am
Tues 16 th Feb	Skills / Game style	McGillivray	6pm – 7.30pm
Thurs 18 th Feb	Skills / Game style	McGillivray	6pm – 7.30pm
Tues 23 rd Feb	Skills / Game style	McGillivray	6pm – 7.30pm
Thurs 25 th Feb	Skills / Game style	McGillivray	6pm – 7.30pm
Sat 27th Feb	Intraclub Scratch Match 1 (followed by UFC Activity)	McGillivray	10.00am
Tues 2 nd March	Skills / Game style	McGillivray	6pm – 7.30pm
Thurs 4 th March	Skills / Game style	McGillivray	6pm – 7.30pm
Sat 6th March	Intraclub Scratch Match 2	McGillivray	10.00am
Tues 9 th March	Skills / Game style	McGillivray	6pm – 7.30pm
Thurs 11 th March	Skills / Game style (include 30 min' meeting on game style)	McGillivray	6pm – 7.45pm
Sat 13th March	PRACTICE MATCH 1 vs COLLEGIANS	Tba	Tba
Tues 16 th March	Skills / Game style	McGillivray	6pm – 7.30pm
Thurs 18 th March	Skills / Game style	McGillivray	6pm – 7.30pm
Sat 20th March	PRACTICE MATCH 2: PINJARRA CARNIVAL (bus to and from)	Pinjarra (details tba)	Tba
Tues 23 rd March	Skills / Game style	McGillivray	6pm – 7.30pm
Thurs 25 th March	Skills / Game style	McGillivray	6pm – 7.30pm
Sat 27th March	PRACTICE MATCH 3 vs NORTH FREMANTLE	Tba	Tba
Mon 29 th March	Skills / Game style	McGillivray	6pm – 7.30pm
Wed 31 st March	Skills / Game style (followed by UFC Activity)	McGillivray	6pm – later
Sat 3rd April	No Training – Easter Weekend	n/a	n/a
Tues 6 th April	Skills / Game style	McGillivray	6pm – 7.30pm
Thurs 8 th April	Skills / Game style	McGillivray	6pm – 7.30pm
Sat 10 April	ROUND ONE WAAFL SEASON	Tba	Tba
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