

Dear Player,

You are invited to attend Croydon Football Clubs 2012 Pre-Season Training.

When: Wednesday 16th November 2011

Where: TBA

Time: Training will start at 6.15pm (Sharp)

It is important that all players bring the following items to all training sessions.

- Suitable quality runners
- Running shorts, singlet or t-shirt. (Training Singlet will be issued)
- Mouthguard
- Towel and bathers, goggles
- Hat/sunscreen

The final session for pre-season training will be on Wednesday the 21st December. This will involve a Christmas Break up BBQ. (More details to follow)

It is important that all players get to as many sessions as possible to ensure that they give themselves and your team mates the physical conditioning required to have a successful year. The club has invested in a Full-Time Fitness Coach to ensure we are at optimal fitness levels for season 2012. We need to and WANT to be the fittest outfit in Division 1.

If you are unable to make any of the sessions then it is necessary to contact Brett Chandler on 0414 657 669. (Communication is the key)

*“The football world is filled with individuals of equal physical ability, all of whom are capable of the tasks which lead to success. The major reason so few achieve the pinnacle is that they fail to understand that with **hard work and thorough preparation**, they can accomplish great things.” Allan Jeans HFC*

Brett Chandler
Senior Coach

0414 657 669

Croydon Football Club Pre-Season Training Dates

2011 - 2012

November

<i>Session 1</i>	November 16 th	Wednesday
<i>Session 2</i>	November 18 th	Friday
<i>Session 3</i>	November 21 st	Monday
<i>Session 4</i>	November 23 rd	Wednesday
<i>Session 5</i>	November 25 th	Friday
<i>Session 6</i>	November 28 th	Monday
<i>Session 7</i>	November 30 th	Wednesday

December

<i>Session 8</i>	December 2 nd	Friday
<i>Session 9</i>	December 5 th	Monday
<i>Session 10</i>	December 7 th	Wednesday
<i>Session 11</i>	December 9 th	Friday
<i>Session 12</i>	December 12 th	Monday
<i>Session 13</i>	December 14 th	Wednesday
<i>Session 14</i>	December 16 th	Friday
<i>Session 15</i>	December 19 th	Monday
<i>Session 16</i>	December 21 st	Wednesday

CHRISTMAS BREAK UP

Croydon Football Club Training Dates 2012

January

Session 17	Jan 18 th	Wednesday
Session 18	Jan 20 th	Friday
Session 19	Jan 23 rd	Monday
Session 20	Jan 25 th	Wednesday
Session 21	Jan 27 th	Friday
Session 22	Jan 30 th	Monday

February

Session 23	Feb 1 st	Wednesday
Session 24	Feb 3 rd	Friday
Session 25	Feb 6 th	Monday
Session 26	Feb 8 th	Wednesday
Session 27	Feb 10 th	Friday
Session 28	Feb 13 th	Monday
Session 29	Feb 15 th	Wednesday
Session 30	Feb 18 th -19 th	Saturday/Sunday (CAMP)
Session 31	Feb 22 nd	Wednesday
Session 32	Feb 24 th	Friday
Session 33	Feb 27 th	Monday
Session 34	Feb 29 th	Wednesday

March

2 Nights a week training and either a practice match or group activity on the weekend.