



## Barwon Heads Preseason 2018/19

Preseason this year will commence on the 3<sup>rd</sup> of December through to the 19<sup>th</sup> of December, which is 6 sessions in total. We will start back up on the 14<sup>th</sup> of January with trials on Wednesday 30<sup>th</sup> and Thursday 31<sup>st</sup> of January.

Sessions are at different locations and will start at 6.15pm sharp. These sessions will cater for all fitness levels so No Excuses!!

### **Please read carefully!**

- 3<sup>rd</sup> Dec – Barwon Heads Rotunda
- 5<sup>th</sup> Dec – Eastern Beach Grass area
- 10<sup>th</sup> Dec – Swimming TBC
- 12<sup>th</sup> Dec – Barwon Heads Rotunda
- 17<sup>th</sup> Dec – Gym/ Eastern Beach
- 19<sup>th</sup> Dec – Eastern Gardens (Circuit work)

## 2019 Pre-season dates

14<sup>th</sup> Jan – Barwon Heads (First Session Back)

16<sup>th</sup> Jan – Barwon Heads

21<sup>st</sup> Jan – Barwon Heads

23<sup>rd</sup> Jan – Barwon Heads

30<sup>th</sup> Jan – Trials

31<sup>st</sup> Jan – Trials

5<sup>th</sup> Feb – Trials if needed/Training

7<sup>th</sup> Feb – Training Courts

12<sup>th</sup> Feb – Training Courts

14<sup>th</sup> Feb – Training Courts

19<sup>th</sup> Feb – Training Courts

21<sup>st</sup> Feb – Training Courts

26<sup>th</sup> Feb – Training Courts

28<sup>th</sup> Feb – Training Courts

23<sup>rd</sup> Feb – Preseason Day Camp (Details to come)

**If you have any queries please don't hesitate to contact me.**

Olivia – 0431221977 (will be away from 4<sup>th</sup> Dec – 10<sup>th</sup> Jan)

Elise – 0400343626

Madi – 0468646972

### **Venue Information**

**Barwon Heads Rotunda** – Ewing Blyth Dr, Barwon Heads VIC 3227 –  
Across the road from the Pub

**Eastern Beach Stairs** – Eastern Beach Road

**Eastern Gardens** – Near big Rotunda

As we are in the public eye and representing Barwon Heads Football Netball Club, please make sure you're in correct training uniform. Blue Barwon Heads top with black or blue bottoms, if new to the club please wear white/ Light blue.

Looking forward to seeing you all.

**\*Alone we can do so little; together we can do so much\***