

Hoppers Crossing Cricket Club

Preseason Training Schedule 2010-11

Date	Time	Venue	Cost	Squad	Description
Sunday, 11 July 2010	9:00 AM	SMH	n/a	Senior Squad	BBQ - Goal Setting and Team Rules
Thursday, 15 July 2010	6.30 PM	IBF	\$5	All Players	Fitness Session - Spin Class
Monday, 19 July 2010	7.15 PM	IBF	\$5	All Players	Fitness Session - Spin Class
Thursday, 22 July 2010	6.30 PM	IBF	\$5	All Players	Fitness Session - Spin Class
Saturday, 24 July 2010	1.30 PM	HCCC	n/a	All Players	Marquee & BBQ at the football (HCFC v's Glen Orden FC)
Sunday, 25 July 2010	9:00 AM	School Gym	n/a	Senior Squad & Development Squad	Fitness & Fielding Session
Thursday, 29 July 2010	6:30 PM	IBF	\$5	All Players	Fitness Session - Spin Class
Sunday, 1 August 2010	9:00 AM	MPS	n/a	Senior Squad & Development Squad	Fitness & Fielding Session
Thursday, 5 August 2010	8:30 PM	UKHC	\$10	All Players	Fitness Session at Ultimate Kickboxing
Monday, 9 August 2010	8:30 PM	UKHC	\$10	All Players	Fitness Session at Ultimate Kickboxing
Thursday, 12 August 2010	8:30 PM	UKHC	\$10	All Players	Fitness Session at Ultimate Kickboxing
Sunday, 15 August 2010	9:00 AM	MPS	n/a	Senior Squad & Development Squad	Fitness & Fielding Session
Thursday, 19 August 2010	5.30 PM	WGIS	\$5	Senior Squad & Development Squad	Skills Sessions - Batting & Bowling
Sunday, 22 August 2010	9:00 AM	HCCC	n/a	All Players	Skills Sessions - Fielding, Batting & Bowling
Thursday, 26 August 2010	5.30 PM	WGIS	\$5	Senior Squad & Development Squad	Skills Sessions - Batting & Bowling
Monday, 30 August 2010	7:15 AM	IBF	\$5	All Players	Fitness Session - Spin Class
Thursday, 2 September 2010	5:30 PM	WGIS	\$5	All Players	Skills Sessions - Batting & Bowling
Sunday, 5 September 2010	9:00 AM	HCCC	n/a	All Players*	Skills Sessions - Fielding, Batting & Bowling
Thursday, 9 September 2010	5:30 PM	WGIS	\$5	All Players	Skills Sessions - Batting & Bowling
Saturday, 11 September 2010	6:00 AM	TBA	TBA	All Players	Practice Match at TBA
Sunday, 12 September 2010	8:00 AM	TBA	TBA	All Players	Breakfast & Bus Home
Thursday, 16 September 2010	5:30 PM	WGIS	\$5	All Players	Skills Sessions - Batting & Bowling
Tuesday, 21 September 2010	5:30 PM	HCCC	n/a	All Players	Skills Sessions - Fielding, Batting & Bowling
Thursday, 23 September 2010	5:30 PM	HCCC	n/a	All Players	Skills Sessions - Fielding, Batting & Bowling
Sunday, 26 September 2010	10:00 AM	HCCC	n/a	All Players	Skills Sessions - Fielding, Batting & Bowling
Tuesday, 28 September 2010	5:30 PM	HCCC	n/a	All Players	Skills Sessions - Fielding, Batting & Bowling
Thursday, 30 September 2010	5:30 PM	HCCC	n/a	All Players	Skills Sessions - Fielding, Batting & Bowling
Saturday, 2 October 2010	First Game			1st -4ths	
Tuesday, 5 October 2010	5:30 PM	HCCC	n/a	All Players	Skills Sessions (Batting & Bowling)
Thursday, 7 October 2010	5:30 PM	HCCC	n/a	All Players	Skills Sessions (Batting & Bowling)

HCCC	Hoppers Crossing Cricket Club at Hogans Road
WGIS	Westgate Indoor Sports Center- Cnr Grieve Pde & Dohertys Rd ALTONA NORTH 3025
UKHC	Ultimate Kickboxing Hoppers Crossing - Factory 2, 11-14 Elm Park Drive Hoppers Crossing 3029
MPS	Mossfield Primary School - Langridge Street, Hoppers Crossing
IBF	In-Balance Fitness - 1-3 Manly Street, Werribee 3030
School Gym	Carranballac College - Cnr Jamieson Way and La Rochelle Boulevard Point Cook Vic 3030
Senior & Dev. Squads	Players will receive personal invitations to be part of these squads from the Senior Coach's
Practice Match	TBA
SMH	Steve McNamara's House
*	Voluntary Session (Fathers day)