

Hoppers Crossing Cricket Club

Preseason Training Schedule 09-10

Date	Time	Venue	Cost	Squad	Description
Sunday, 19 July 2009	9:00 AM	School Gym	n/a	Senior Squad & Development Squad	Fitness testing & fielding (Beep test)
Wednesday, 22 July 2009	7.30 PM	Inbalance Fitness	\$10	All Players	Fitness Session
Sunday, 26 July 2009	9:00 AM	School Gym	n/a	Senior Squad & Development Squad	Fielding & fitness session using crazy rebound nets, tennis balls, increderballs, etc
Wednesday, 29 July 2009	7.30 PM	Inbalance Fitness	\$10	All Players	Fitness Session
Saturday, 1 August 2009	1.30 PM	HCCC	n/a	All Players	Marquee & BBQ at the football (HCFC v's GFC)
Wednesday, 5 August 2009	7:30 PM	Inbalance Fitness	\$10	Senior Squad & Development Squad	Fitness Session
Sunday, 9 August 2009	9:00 AM	HCCC	n/a	Senior Squad & Development Squad	Fielding & fitness session using crazy rebound nets, tennis balls, increderballs, etc
Wednesday, 12 August 2009	7:30 PM	Inbalance Fitness	\$10	Senior Squad & Development Squad	Fitness Session
Sunday, 16 August 2009	9:00 AM	HCCC	TBA	Senior Squad & Development Squad	Fitness testing & fielding (Beep test)
Wednesday, 19 August 2009	5.30 PM	WRCC	\$5	All Players	Skills Sessions (Batting & Bowling)
Wednesday, 26 August 2009	9:00 AM	WRCC	\$5	All Players	Skills Sessions (Batting & Bowling)
Sunday, 30 August 2009	9:00 AM	HCCC	TBA	All Players	Skills Sessions (Batting & Bowling)
Wednesday, 2 September 2009	5.30 PM	WRCC	\$5	All Players	Skills Sessions (Batting & Bowling)
Sunday, 6 September 2009	9:00 AM	HCCC	n/a	All Players*	Training for Entire Playing Group (Predominantly fielding training, some team bonding games)
Wednesday, 9 September 2009	5.30 PM	WRCC	\$5	All Players	Skills Sessions (Batting & Bowling)
Wednesday, 16 September 2009	5.30 PM	WRCC	\$5	All Players	Skills Sessions (Batting & Bowling)
Saturday, 19 September 2009	10:00 AM	TCC	TBA	TBA	Practice Match at Tooleybuc NSW (Details to be provided)
Sunday, 20 September 2009	8:00 AM	TCC	TBA	TBA	Recovery Session
Wednesday, 23 September 2009	5.30 PM	WRCC	\$5	All Players	Skills Sessions (Batting & Bowling)
Sunday, 27 September 2009	10:00 AM	HCCC		Senior Squad & Development Squad	Training for Senior & Development Squads (Beep test, fielding drills & some team bonding games)
Wednesday, 30 September 2009	5:30 PM	WRCC	\$5	All Players	Skills Sessions (Batting & Bowling)
Thursday, 1 October 2009	5:30 PM	HCCC	n/a	All Players	Skills Sessions (Batting & Bowling)
Saturday, 3 October 2009	First Game				
Tuesday, 6 October 2009	5:30 PM	HCCC	n/a	All Players	Skills Sessions (Batting & Bowling)
Thursday, 8 October 2009	5:30 PM	HCCC	n/a	All Players	Skills Sessions (Batting & Bowling)

HCCC	Hoppers Crossing Cricket Club at Hogans Road
WRCC	Wester Region Cricket Centre
Inbalance Fitness	1-3 Manly St Werribee (Next to Werribee Train Station)
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
TCC	Tooleybuc Cricket Club is situated 45km north of Swan Hill on the banks of the mighty Murray River on the New South Wales side of the border
*	Voluntary Session (Fathers day)