

## 'One Club' Unites on Footy Camp

For the first time in the Belconnen Magpies history the entire senior footballing group went on a gruelling preseason camp to Pambula together. The camp was held from Friday February 18<sup>th</sup> until Sunday February 20<sup>th</sup> and consisted of all four men's teams, the women's team and the under 18s working together to not only improve their fitness, but also teamwork, relationships and goal-setting.

Over the weekend various activities/sessions were endured through by the 150 players and staff and these included: 4am wake up calls for a boot camp ran by the ever demanding fitness coach Scott 'Pieboy' Smith, group leadership sessions conducted by renowned facilitation company 'Leading Teams', sandbag and water carrying activities along the beach and games of Gaelic football to name a few.

The overall response from the weekend was outstanding with players from all teams bonding together to not only get to know each other but grow as a football club. Each individual team developed goals, attitudes and ideas of how they wanted to be perceived and the humbling result was that each team came up with the same values and attributes. The weekend has set Belconnen Magpies up for an outstanding 2011 under the banner of 'One Club'.

An enormous thank you goes out to all volunteers and football staff who went beyond what was required of them to ensure the camp ran as smoothly as possible and to make it happen in the first place.

The players have taken a lot out of this camp and will strive to push the Magpies in a great direction for the upcoming season.



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