

KNIGHT LIFE



Official Player / Staff Newsletter www.knights.sportingpulse.net

1st March 2011

Major Club Sponsor

Edition 04/11

PLAYER DIARY

Wednesday 2nd March	Training @ La Trobe University 5:00pm				
Friday 4th March	Training @ La Trobe University 5:00pm				
Saturday 5th March	Practice Match v Calder Cannons @ Assumption College 1:00pm & 3:00pm				
Monday 7th March	Training @ La Trobe University 5:00pm				
Wednesday 9th March	Training @ La Trobe University 5:00pm				
PRACTICE MATCHES THIS WEEKEN	ID PRACTICE MATCH SCHEDULE				

Date: Saturday 5th March 2011 Time: 1:00pm & 3:00pm Versus: Calder Cannons Venue: Assumption College, Suther- land Street Kilmore (Please see knights website for full details on ground location) Players to arrive no later than 90 minutes prior to the start time of their game. Squads will be announced at training. Please bring Black Shorts and Knights socks. Players are asked to bring both Knights Navy blue jumper and Knights TAC jumper. Those with- out a jumper will be given one prior to the game. All players should bring drinks and	Date	Time	Op	ponent	Venue
	5th March	1pm & 3pm	Cal	lder Cannons	Assumption College
	20th March	12pm & 2pm	Oa	kleigh Chagres	Victoria Park
	KNIGHTS NEW WEBSITE ADDRESS			Positions Vacant	
	Players, parents & staff are advised that due to a change made by our web provider the Northern Knights new website address is <u>www.knights.sportingpulse.net</u> The previous address in no longer valid so please start using the new address.			The Northern Knights are seeking the following match day staff for season 2011. Property Steward —Full details can be found on the Knights website <u>www.knights.sportingpulse.net</u> Runners —Expressions of interested can forwarded via e-mail to joshp@knights.org.au Applicants should posses a sound football	
	TAC CUP FITNESS TESTING DAY				
recovery food for after the match. GUERNSEY PRESENTATION EVENING	will be held of March (from approx TBC) at dary College. All	AC Fitness testing day on Saturday 12th a 8:00am to 12noon at Maribyrnong Secon- All players are required ² L Victoria will be con-		knowledge. Statisticians —Anyone interested should contact Josh Prendergast on either (W) 9478 5796 or joshp@knights.org.au	
Details regarding the Northern	ducting a number of different pro- grams, be taking headshots, in addi-			KNIGHTS FOOTY TIPPING COMP	
Knights Guernsey Presentation evening are as follows: Date: Wednesday 16th March Time: 6:30pm Venue: Veneto Club (Bulleen Rd Bulleen) The evening will include various presentations that were not conducted due to the rescheduling of the Seminar day on 6th February. Please note there will be NO U/18 training on Wednesday 16th March. Full details will be provided in the next weeks edition of Knight Life.	tion to the fitness TECCH TOMORROW'S T TOMORROW'S T TOMORROW'S T	s testing. HNIKA® TECHNOLOGY TODAY Construction Construction Installation maintenance		is back, in 2011 v prize pool up for all Players, Staff and anyone who their Footy. It is Under 18 listed p ping comp. Cost: <u>\$50</u> for the Payment and www.knights.s 1 st prize 2 nd prize	entry details on portingpulse.net = \$800 = \$400
Page 1	120 hours pr	actice.		3 rd prize	e = \$200

Experience not excuses. TAC