



**NORTHERN KNIGHTS FOOTBALL CLUB
2012 MAX RICHARDSON SQUAD
FOOTBALL PROGRAM & STAFF**

SQUAD MANAGER: JOSH PRENDERGAST (W) 9478 5796

COACHING STAFF: RON MCKEOWN (M)
COREY MCCALL (M)
JOEL STEINDL (M)

TEAM MANAGER: DANIEL MCCALL (M)

FITNESS ADVISOR: SHAWN JARMAN (M)

TRAINER: JULIE BLASIOLI (M)

TRAINING VENUE: PRESTON CITY OVAL
CRAMER STREET, PRESTON
MELWAY REF: MAP 18 F12

TRAINING TIME: 6:15PM TO 7:15PM (WEDNESDAYS)

PROGRAM

<i>Week</i>	<i>Date</i>	<i>Description</i>
1	01/08/12	Induction Meeting 6:30pm
2	08/08/12	Kicking, Hands off at Ground Level, Front & Centre Crumbing
3	15/08/12	Kicking, Hands off at Ground Level, Front & Centre Crumbing
4	22/08/12	Kicking, Hard Running, Protection of Ball Carrier
5	29/08/12	Kicking, Contested Ground level balls
6	03/09/12	Kicking, Contested Ground level balls
6	06/09/12	Fitness Testing @ RMIT Bundoora
7	10/09/12	Individual / Pattern of Play
7	12/09/12	Games v Western Jets @ Crofts Reserve (6:00pm & 8:00pm)
8	17/09/12	Review of Match v Jets / Individual
8	19/09/12	Games v Calder Cannons @ Craigieburn (6:00pm & 8:00pm)

Three groups of approximately 17 players rotating. 20 minutes at each station, 30 minutes for stretch, warm up, warm down and drinks.