



PIONEERS NEWSLETTER

- * It is CLUB POLICY that all players must wear mouthguards when playing and training
- * All players must report any injury they receive to the club medical officer A.S.A.P.
- * A reminder to all Parents, any player wishing to make an Insurance claim must notify JLT SPORT on 1300 130 373 & then go to www.jltsport.com.au to access your claim form.
- * PLEASE NOTE WE DO NOT HAVE CLAIM FORMS AT THE PIONEERS OFFICE
- * ANY PLAYER INJURED TRAINING OUTSIDE OF CLUB SANCTIONED SESSIONS WILL NOT BE COVERED BY OUR INSURANCE – CONFIRM IF THE TRAINING IS CLEARED WITH DAVID

IMPORTANT DATES/TIMES AND ACTIVITIES:

Monday 4th March: **POOL RECOVERY**

- Local pool or Bendigo Aquatic Centre at 5.15pm

Wednesday 6th March: **TRAINING**

- Epsom at 5.15pm

Friday: 8th March: **NO TRAINING**

- Mildura players travel to Bendigo and stay with players
- Please contact Leigh 0438225155 or Ray 0419881908 if you require billeting in Bendigo on Friday night.

Saturday 9th March: **TAC TESTING IN MELBOURNE**

- Bus departs Wade Street Oval, Golden Square at 10am
- Return to Bendigo at approx 7.30pm – TBC
- Please contact Leigh 0438225155 or Ray 0419881908 if you require billeting in Bendigo on Saturday night.

Monday 11th March: **NO TRAINING**

Tuesday 12th March: **LOCAL CLUB TRAINING**

- Players to train with their local clubs

Wednesday 13th March: **TRAINING**

- At Epsom at 5.15pm

Friday: 15th March: **NO TRAINING**

- Mildura players travel to Bendigo and stay with players
- Please contact Leigh 0438225155 or Ray 0419881908 if you require billeting in Bendigo on Friday night

Saturday 16th March: **TRAINING DAY IN BENDIGO**

- Training at **TOM FLOOD OVAL**, at 8.30am
- Finish 4pm

Notes:

INJURED PLAYERS -

All injured players must contact their physio and/or our club physio Col Faulkner 03 54421954 for assessment. ALL injuries must be communicated with the Pioneers staff.

TRAINING LOADS -

Our training sessions are designed specifically to ensure our players do not overload and put themselves at risk of injury. All players are required to consult the Pioneer strength and conditioning staff regarding their training schedules and workloads.

CONTACT NUMBERS and EMAILS -

All players and/or parents should be now on our email list. If you speak to a parent who has not received this information and letter please contact Leigh at the office on 5442 4466

NON-ATTENDANCE AT TRAINING -

Please call the Pioneers office 5442 4466, text 0438225155 or contact the coach in their respective area if you are unable to attend training.

PHONE NUMBERS –

Region manager: Ray Bryne – 0419 881 908

Football operations/marketing: Leigh Byrne 0438 225 155

Pioneers Coach: David Newett – 0412 967 109

THIS NEWSLETTER WILL BE EMAILED AND POSTED ON FACEBOOK

PLEASE CALL IF YOU HAVE ANY QUERIES