|               |                     | Geelong Falcons - 1   | Fraining Calendar (Season 2013)   |
|---------------|---------------------|---|---|
| November      | 2012                |   | Notes (Last Updated - 11 Mar 13)  |
|               | Monday              | T   | 110105 (2001 0 pauleu 11 1110 15)   |
| 12-18         | Wednesday           | Highton Reserve/Leura Oval  |   |
|               | Friday              |   |   |
| 19-25         | Monday              | Highton Reserve/Leura Oval  |   |
|               | Wednesday           | All at Highton Reserve  |   |
|               | Friday              | Highton Reserve/Leura Oval  |   |
| 26-2 Dec      | Monday              | Highton Become / Lours Ougl   | ALS National Comp. #2 /24 Nov. 4 Deals ALS Conharms   |
|               | Wednesday<br>Friday | Highton Reserve/Leura Oval  | AIS National Camp #2 (24 Nov - 1 Dec); AIS Canberra   |
| ecember       |                     |   |   |
| CCCIIIDCI     | Monday              | Highton Reserve/Leura Oval  |   |
| 3-9           | Wednesday           | All at Eastern Beach  |   |
|               | Friday              | Geelong College/Leura Oval  |   |
|               | Monday              | Highton Reserve/Leura Oval  |   |
| 10-16         | Wednesday           | Barwon Valley/Leura Oval  |   |
|               | Friday              | Geelong College/Leura Oval  |   |
| 17-19         | Monday              | Highton Reserve/Leura Oval  |   |
|               | Wednesday           | All at Geelong Grammar  | Pre-Christmas Testing (3km time trial, skinfolds etc); players issued training diaries          |
|               |                     | ew Year Break (20 Dec 12 - 20 Jan 13)   | AIS National Camp #3 (6-10 Jan 13); Ormond College, Melbourne                                   |
| anuary 20     |                     |   |   |
| _             | Monday              | Highton Reserve/Leura Oval  |   |
| 21-27         | Wednesday           | All at Highton Reserve  | Post Christmas/New Year testing   |
|               | Friday              | Highton Reserve/Leura Oval  | Australia Day Haliday   |
| 28-3 Feb      | Monday<br>Wednesday | Training (TBC)  | Australia Day Holiday   |
| 20-3 Feb      | Friday              | Highton Reserve/Leura Oval  |   |
| ebruary 2     |                     |   |   |
| ebiuai y Z    | Monday              | Highton Reserve/Leura Oval  |   |
| 4-10          | Wednesday           | All at Highton Reserve  |   |
| . 10          | Friday              | Highton Reserve/Leura Oval  |   |
|               | Monday              | mgmon reserve, zeara ovar   |   |
| 11-17         | Wednesday<br>Friday | Highton Reserve/Leura Oval  |   |
|               | Monday              | Training at Highton Reserve & Leura Oval  |   |
| 18-24         |                     | Full squad training at Highton Reserve  |   |
|               | Wednesday           | (inc Leadership development session)  | Intra-trial matches @ Leura Oval, Camperdown (Sun 24 Feb)                                       |
|               | Friday              | Training at Highton Reserve & Leura Oval  | U16 start 11.00 am; U18 start 1.00 pm   |
|               |                     | Rehab/recovery:   |   |
| 25.244        | Monday              | Geelong players @ Highton Reserve   |   |
| 25-3 Mar      | Madagaday           | Hampden players - individual arrangements   | Labora Arial madels on O. Lawar Corel. Commandature (Core 2 Mars)                               |
|               | Wednesday<br>Friday | Training at Highton Reserve & Leura Oval Training at Highton Reserve & Leura Oval | Intra-trial matches @ Leura Oval, Camperdown (Sun 3 Mar) U16 start 11.00 am; U18 start 1.00 pm  |
| /larch 201    |                     | Training at Highton Reserve & Leura Ovar  | 016 Start 11.00 am; 018 Start 1.00 pm   |
| viai cii 201. | <del>,</del>        | Pohah/rocovony  |   |
|               | Monday              | Rehab/recovery: Geelong players @ Highton Reserve                                 |   |
|               |                     | Hampden players - individual arrangements   |   |
| 4-10          |                     | Training:   |   |
|               | Wednesday           | Geelong players @ Highton Reserve   |   |
|               |                     | Hampden players - with local clubs  |   |
|               | Friday              | Full squad @ Highton Reserve  |   |
|               |                     | Player Leadership Program   | Sat 9 Mar - TAC Cup Testing Day (Maribyrnong)   |
| 11-17         | Monday<br>Wednesday | Labour Day Holiday (Rest day)  Full squad training at Highton Reserve             |   |
|               | weunesday           | Training:   | Practice Matches vs North Ballarat (SUN 17 Mar)   |
|               | Friday              | Geelong players @ Highton Reserve   | @ Eureka Stadium, Ballarat  |
|               |                     | Hampden players - with local clubs  | U16 start 11.00 am; U18s start 1.00 & 3.00pm  |
| 18-24         | Monday              | Rehab/recovery:   | · ·   |
|               |                     | Geelong players @ Highton Reserve   |   |
|               |                     | Hampden players - individual arrangements   |   |
|               | Wednesday           | Training:   |   |
|               |                     | Geelong players @ Highton Reserve   | SAT 23 Mar: Player Leadership Program   |
|               | <b>.</b>            | Hampden players - with local clubs  | Followed by Parent Information Luncheon   |
|               | Friday              | Full squad training at Highton Reserve  | Popescu Room, Simonds Stadium, 12 Noon ~ 2.00 pm  |
|               | Monday              | Rest  | AIS/AFL International Tour (Melbourne-Europe) 27 Mar - 14 Apr 13                                |
|               | Tuesday             | Training:   |   |
| 25-31         |                     | Geelong players @ Highton Reserve   |   |
|               |                     | Hampden players - with local clubs  |   |
|               |                     |   | India.  |
|               | Thursday            | Full squad training at Highton Reserve  | Rd 2:<br>(SAT 30 Mar) vs Murray Bushrangers (Highgate Recreation Reserve, Craigieburn - 2.00pm) |

| April 2013            |                                      |  |   |
|-----------------------|--------------------------------------|--|---|
|                       | Monday                               | Recovery session & Video edits                                       |   |
| 1-7                   | Tuesday                              | Highton Reserve/Leura Oval   |   |
|                       | Thursday                             | All at Highton Reserve   | Rd 3: (SUN 7 Apr) vs North Ballarat Rebels (Reid Oval, Warrnambool - 1.00 pm)   |
|                       | Monday                               | Recovery session & Video edits                                       |   |
| 8-14                  | Tuesday                              | Highton Reserve/Leura Oval   | Rd 1: Country Round   |
|                       | Thursday                             | All at Highton Reserve   | (SAT 13 Apr) vs Dandenong Stingrays (Queen Elizabeth Oval, Bendigo - 3.00 pm)   |
|                       | Monday                               | Recovery session & Video edits                                       | Rd 4: Metro Round (Country sides - BYE)   |
| 15-21                 | Tuesday                              | Highton Reserve/Leura Oval   | Falcons Development Match vs TBC (Venue - TBC)  |
|                       | Thursday                             | All at Highton Reserve   | (SUN 21 Apr) U18 Vic Country Intra-Trial (Visy Park, Carlton)   |
| 22.20                 | Monday                               | No training/recovery session (optional)?                             |   |
| 22-28                 | Tuesday                              | Highton Reserve/Leura Oval   |   |
|                       | Thursday                             | All at Highton Reserve   | Rd 5: (SAT 27 Apr) vs Oakleigh Chargers (Warrawee Park, Oakleigh - 1.00 pm)   |
| 29-5 May              | Monday                               | Recovery session & Video edits                                       |   |
|                       | Tuesday                              | Highton Reserve/Leura Oval  All at Highton Reserve                   | Rd 6: (SAT 4 May) vs Northern Knights (Simonds Stadium, Geelong - 2.00 pm)*   |
| N/av. 2012            | Thursday                             | All at Highton Reserve   | * VFL fixture as a 'curtain raiser'   |
| May 2013              |                                      |  |   |
| C 12                  | Monday                               | Recovery session & Video edits                                       | 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1   |
| 6-12                  | Tuesday                              | Highton Reserve/Leura Oval   | Development Weekend (11-12 May 13)  |
|                       | Thursday<br>Monday                   | All at Highton Reserve   | (SUN 12 May ) U18 Vic Country vs Vic Metro Trial (Visy Park, Carlton - 10.00 am & 1.00 pm)  |
| 13-19                 | Tuesday                              | No training/recovery session (optional)?  Highton Reserve/Leura Oval |   |
| 13-19                 | Thursday                             | All at Highton Reserve   | Rd 7: (SAT 18 May) vs Calder Cannons (Highgate Recreation Reserve, Craigieburn - 1.30 pm)   |
|                       | Monday                               | Recovery session & Video edits                                       | Rd 4: Country Round   |
| 20-26                 | Tuesday                              | Highton Reserve/Leura Oval   | (SAT 25 May) vs Bendigo Pioneers (Highgate Recreation Reserve - 11.30 am)   |
|                       | Thursday                             | All at Highton Reserve   | Northern Territory vs Vic Country (TIO Stadium, Darwin - 4.00 pm)   |
|                       | Monday                               | Recovery session & Video edits                                       | ,   |
| 27-2 Jun              | Tuesday                              | Highton Reserve/Leura Oval   |   |
|                       | Thursday                             | All at Highton Reserve   | Rd 8: (SAT 1 Jun) vs Sandringham Dragons (Chirnside Park, Werribee - 2.00 pm)   |
| June 2013             |                                      |  |   |
|                       | Monday                               | Recovery session & Video edits                                       |   |
| 3-9                   | Tuesday                              | Highton Reserve/Leura Oval   | Development Weekend (QB Weekend: 8-9 Jun 13)  |
|                       | Thursday                             | All at Highton Reserve   | (SUN 9 Jun) Vic Country vs Tasmania (Visy Park, Carlton - 2.30 pm)  |
|                       | Monday                               | No training/recovery session (optional)?                             |   |
| 10-16                 | Tuesday                              | Highton Reserve/Leura Oval   | Rd 9: (SAT 15 Jun) vs Eastern Ranges (Simonds Stadium, Geelong - 2.00 pm)   |
|                       | Thursday                             | All at Highton Reserve   | (SUN 16 Jun) South Australia vs Vic Country (Alberton Oval, Port Adelaide - 12 Noon)  |
|                       | Monday                               | Recovery session & Video edits                                       |   |
| 17-23                 | Tuesday                              | Highton Reserve/Leura Oval   |   |
|                       | Thursday                             | All at Highton Reserve   | Rd 10: (SAT 22 Jun) vs Western Jets (Burbank Oval, Williamstown - 1.00 pm)  |
|                       | Monday                               | Recovery session & Video edits                                       | (FRI 28 Jun) Vic Country vs Western Australia (Simonds Stadium, Geelong - 12.35 pm)   |
| 24-30                 | Tuesday                              | Highton Reserve/Leura Oval   | Rd 11: (SUN 30 Jun)   |
|                       | Thursday                             | All at Highton Reserve   | vs North Ballarat Rebels (Highgate Recreation Reserve, Craigieburn - 12 Noon)   |
| July 2013             |                                      |  |   |
|                       | Monday                               | Recovery session & Video edits                                       | (WED 3 Jul) Vic Country vs Vic Country (Etihad Stadium, Melbourne - 5.35 pm)  |
| 1-7                   | Tuesday                              | Highton Reserve/Leura Oval   | Rd 12: (SAT 6 Jul) vs Oakleigh Chargers (Simonds Stadium, Geelong - 2.00 pm)*   |
|                       | Thursday                             | All at Highton Reserve   | * VFL fixture as a 'curtain raiser'   |
|                       | Monday                               | Recovery session & Video edits                                       |   |
| 8-14                  | Tuesday                              | Highton Reserve/Leura Oval   |   |
|                       | Thursday                             | All at Highton Reserve   | Rd 13: (SUN 14 Jul) vs Gippsland Power (Box Hill City Oval, Box Hill - 1.30 pm)   |
| 15 21                 | Monday                               | Recovery session & Video edits                                       |   |
| 15-21                 | Tuesday Thursday                     | Highton Reserve/Leura Oval   | Dayslanmont Markand (20.21 Jul 12)  |
|                       |                                      | All at Highton Reserve  No training/recovery session (optional)?     | Development Weekend (20-21 Jul 13)  |
| 22-28                 | Monday<br>Tuesday                    | Highton Reserve/Leura Oval   |   |
| 44-40                 | Thursday                             | All at Highton Reserve   | Rd 14: (SAT 27 Jul) vs Northern Knights (Preston City Oval, Preston - 2.00 pm)  |
|                       | Monday                               | Recovery session & Video edits                                       | 100 24. (3/11 27 July vs Northern Knights (Frestoff City Oval, Frestoff * 2.00 pin)   |
| 29-4 Aug              | Tuesday                              | Highton Reserve/Leura Oval   |   |
|                       | Thursday                             | All at Highton Reserve   | Rd 15: (SAT 3 Aug) vs Bendigo Pioneers (Epsom Huntly Reserve, Bendigo - 1.00 pm)  |
| August 201            |                                      |  | 2 15 1 20) 2 15 20 roncers (-positi roncers ) being 1.00 pmj  |
|                       | Monday                               | Recovery session & Video edits                                       |   |
| 5-11                  | Tuesday                              | Highton Reserve/Leura Oval   |   |
| 5 11                  | Thursday                             | All at Highton Reserve   | Development Weekend (10-11 Aug 13)  |
|                       | Monday                               | No training/recovery session (optional)?                             | Serciopment reckend (10 11 Aug 13)  |
| 12-18                 | Tuesday                              | Highton Reserve/Leura Oval   |   |
|                       | Thursday                             | All at Highton Reserve   | Rd 16: (SAT 17 Aug) vs Calder Cannons (Simonds Stadium, Geelong - 2.00 pm)  |
|                       |                                      |  | 1   |
|                       | -                                    | Recovery session & video edits                                       |   |
| 19-25                 | Monday                               | Recovery session & Video edits Highton Reserve/Leura Oval            |   |
| 19-25                 | Monday<br>Tuesday                    | Highton Reserve/Leura Oval   | Rd 17: (SAT 24 Aug) vs Dandenong Stingrays (Victoria Park. Collingwood - 2.00 pm)   |
| 19-25<br>26-1 Sep     | Monday                               |  | Rd 17: (SAT 24 Aug) vs Dandenong Stingrays (Victoria Park, Collingwood - 2.00 pm)  Qualifying & Elimination Finals (31 Aug & 1 Sep) |
| 26-1 Sep              | Monday<br>Tuesday<br>Thursday<br>TBC | Highton Reserve/Leura Oval<br>All at Highton Reserve                 |   |
| 26-1 Sep<br>September | Monday<br>Tuesday<br>Thursday<br>TBC | Highton Reserve/Leura Oval<br>All at Highton Reserve<br>TBC          | Qualifying & Elimination Finals (31 Aug & 1 Sep)  |
| 26-1 Sep              | Monday<br>Tuesday<br>Thursday<br>TBC | Highton Reserve/Leura Oval<br>All at Highton Reserve                 |   |