

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 <i>Refer to xmas training booklet</i>	2 <i>Refer to xmas training booklet</i>	3 U18 - Grit Session @ Lifestyle Fitness 5:00pm Start	4 <i>Refer to xmas training booklet</i>	5 <i>Refer to xmas training booklet</i>
6 <i>Refer to xmas training booklet</i>	7 <i>Refer to xmas training booklet</i>	8 <i>Refer to xmas training booklet</i>	9 <i>Refer to xmas training booklet</i>	10 U18 - Grit Session @ Lifestyle Fitness 5:00pm Start	11 <i>Refer to xmas training booklet</i>	12 <i>Refer to xmas training booklet</i>
13 <i>Refer to xmas training booklet</i>	14 <i>Refer to xmas training booklet</i>	15 Under 18's Resume Practice @ Epsom U18's 5.15-7.30pm	16 <i>Rest Day & Massage</i>	17 Practice @ Epsom U18 - 5.15-7.30pm	18	19 U18's Fitness testing <i>LaTrobe University</i> <i>Time 11:00am 1:00pm</i>
20 Practice @ Epsom U18 - 5.15-7.30pm	21 Weights @ Wade St or local gym U18 - 3.30pm	22 Under 16's Resume Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	23 Weights @ Wade St or local gym U18 - 3.30pm	24 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	25	26 Australia Day
27 Public Holiday	28 Weights @ Wade St or local gym U18 - 3.30pm	29 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	30 Weights @ Wade St or local gym U18 - 3.30pm	31 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 Intra Club Prac Match @ Epsom Under 18 only— Arrive at 8.30am 9.30am start
3 U16 - Own Recovery U18 - Recovery Session Bendigo Aquatic Centre 4.00pm-5:30pm	4 Weights @ Wade St or local gym U18 - 3.30pm	5 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	6 <u>U18 - REST DAY</u>	7 U18 Team Camp Meet @ Swan Hill 6pm Bus departs Bendigo 4pm Practice @ Epsom U16 - 4.30-6.00pm	8 U18 Team Camp	9 U18 Team Camp Finish @ 3.30pm
10 <u>U18 - REST DAY</u>	11 Weights @ Wade St or local gym U18 - 3.30pm	12 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	13 Weights @ Wade St or local gym U18 - 3.30pm	14 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	15	16 U18 & U16 @ Highgate vs Calder U16— 11.00am U18—12.30/2.30
17 U16 - Own Recovery U18 - Recovery Session Bendigo Aquatic Centre 4.00pm-5:30pm	18 Weights @ Wade St or local gym U18 - 3.30pm	19 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	20 Weights @ Wade St or local gym U18 - 3.30pm	21 Practice @ Epsom U16 - 4.30-6.00pm <u>U18 - REST DAY</u>	22	23 U18 & U16 Prac Match @ Epsom vs Dandenong (Confirm Times)
24 U16 - Own Recovery U18 - Recovery Session Bendigo Aquatic Centre 4.00pm-5:30pm	25 Weights @ Wade St or local gym U18 - 3.30pm	26 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	27 Weights @ Wade St or local gym U18 - 3.30pm	28 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm		

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31 Recovery review Session @ Wade St U18 - 4pm					1	2 U/18 & U/16 Prac Match @ Ep- som vs Ballarat (Confirm Times)
3 U16 - Own Recovery U18 - Recovery Session Bendigo Aquatic Centre 4.00pm-5:30pm	4 Weights @ Wade St or local gym U18 - 3.30pm	5 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	6 Weights @ Wade St or local gym U18 - 3.30pm	7 Practice @ Epsom U16 - 4.30-6.00pm <u>U18—REST DAY</u>	8 TAC Testing Full U18 Squad Melbourne	9
10 Practice @ Epsom U18 - 5.15-7.30pm	11 Weights @ Wade St or local gym U18 - 3.30pm	12 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	13 Weights @ Wade St or local gym U18 - 3.30pm	14 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	15	16 U/18 & U/16 Prac Match @ Ep- som vs Murray (Confirm Times)
17 U16 - Own Recovery U18 - Recovery Session Bendigo Aquatic Centre 4.00pm-5:30pm	18 Weights @ Wade St or local gym U18 - 3.30pm	19 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	20 Weights @ Wade St or local gym U18 - 3.30pm	21 U16 Practice @ Epsom - 4.30-6pm Jumper Pres. 6pm <u>U18—REST DAY</u>	22 U18 - Practice @ Epsom - 3-5pm Jumper Pres. 5-7pm	23
24 Practice @ Epsom U18 - 5.15-7.30pm	25 Weights @ Wade St or local gym U18 - 3.30pm	26 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.30pm	27 Weights @ Wade St or local gym U18 - 3.30pm	28 Practice @ Epsom U16 - 4.30-6.00pm U18 - 5.15-7.00pm	29 TAC U18 Round 1 Vs Murray @ Deakin Reserve 1.30pm	30 U18 Recovery