

Geelong Falcons - Training Calendar (Season 2014)

November 2013			Notes (Last Updated - 12 May 2014)
18-24	Monday	Full group session at Highton Reserve	Initial training session at Highton Reserve (Mon 18 Nov) - Manager & Coach's address followed by fitness testing AIS-AFL Academy Camp 2 (Gold Coast): 21-28 Nov 13
	Wednesday	Highton Reserve/Leura Oval	
	Friday	Highton Reserve/Leura Oval	
25-1 Dec	Monday	Highton Reserve/Leura Oval	
	Wednesday	Full group session at Highton Reserve	
	Friday	Highton Reserve/Leura Oval	
December 2013			
2-8	Monday	Highton Reserve/Leura Oval	
	Wednesday	Full group session at Highton Reserve	
	Friday	Highton Reserve/Leura Oval	
9-15	Monday	Highton Reserve/Leura Oval	
	Wednesday	Full group session at Highton Reserve	
	Friday	Highton Reserve/Leura Oval	
16-22	Monday	Highton Reserve/Leura Oval	Pre-Christmas Testing (3km time trial, skinfolds etc); players issued training diaries AIS National Camp #3 (TBC); Ormond College, Melbourne
	Wednesday	Highton Reserve/Leura Oval	
	Friday	Full group session at Highton Reserve	
XMas-New Year Break (21 Dec 13 - 26 Jan 14)			
January 2014			
27-2 Feb	Monday	Highton Reserve/Leura Oval	Australia Day Holiday - Jan 27
	Wednesday	Full group session at Highton Reserve	Post-Christmas fitness testing to be conducted at Highton Reserve on Wed 29 Jan
	Friday	Highton Reserve/Leura Oval	
February 2014			
3-9	Monday	Highton Reserve/Leura Oval	
	Wednesday	Full group session at Highton Reserve	
	Friday	Highton Reserve/Leura Oval	
10-16	Monday	Highton Reserve/Leura Oval	
	Wednesday	Full group session at Highton Reserve	
	Friday	Highton Reserve/Leura Oval	
17-23	Monday	Highton Reserve/Leura Oval	Intra-trial matches at Leura Oval, Camperdown (SUN 23 Feb)
	Wednesday	Full group session at Highton Reserve	
	Friday	Highton Reserve/Leura Oval	
24-2 Mar	Monday	No training (TBC) - recovery session from trials	Intra-trial matches at Leura Oval, Camperdown (SUN 2 Mar)
	Wednesday	Full group session at Highton Reserve	
	Friday	Highton Reserve/Leura Oval	
March 2014			
3-9	Monday	No training (TBC) - recovery session from trials	Note: SAT 8 Mar - TAC Cup Testing Day (Maribyrnong) Player Leadership Program on Fri arvo???? (7 Mar -TBC)
	Wednesday	Full group session at Highton Reserve????	
	Friday	No training (TBC) - Rest Day prior to Testing Day	
10-16	Monday	No training (TBC) - recovery session from TAC testing	Practice Matches vs North Ballarat??? (TBC - SUN 16 Mar: 1.00 & 3.00pm)
	Wednesday	Full group session at Highton Reserve	
	Friday	Highton Reserve/Leura Oval (TBC)	
17-23	Monday	No training (TBC) - recovery session from Prac Matches	Rd 1: Metro Round TBC (Country sides - BYE TBC) 2nd session to player leadership program (FRI 22 Mar - TBC)
	Wednesday	Full group session at Highton Reserve	
	Friday	Highton Reserve/Leura Oval (TBC)	
24-30	Monday	No training (TBC) - Optional recovery session?	AIS/AFL International Tour (Melbourne-Europe) TBC Rd 2: (SUN 30 Mar) vs North Ballarat (Leura Oval, Camperdown - 2.00 pm)
	Tuesday (TBC)	Highton Reserve/Leura Oval	
	Thursday (TBC)	Full group session at Highton Reserve	
April 2014			
31 Mar-6	Monday	Recovery session & Video edits	Rd 3: (SAT 5 Apr) vs Dandenong (Simonds Stadium, Geelong - 2.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
7-13	Monday	Recovery session & Video edits	Rd 4: (SAT 12 Apr) vs Gippsland (Queen Elizabeth Oval, Bendigo - 12.30 PM)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
14-20	Monday	Recovery session & Video edits	Development Weekend (19-20 Apr 14)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
21-27	Monday	No training/recovery session (optional)?	Rd 5: (SAT 26 Apr) vs Oakleigh (Warrabee Park, Oakleigh - 1.00 pm) APS Rd 1 (SAT 26 Apr): WC v GC; MGS v SC; GGS v CY
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
28-4 May	Monday	Recovery session & Video edits	Rd 6: (SAT 3 May) vs Northern (Simonds Stadium, Geelong - 1.00 pm) APS Rd 2 (SAT 3 May): GC v XC; CY v MGS, HY v GGS
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
May 2014			
5-11	Monday	Recovery session & Video edits	Rd 7: (FRI NIGHT 9 May) vs Calder (Simonds Stadium, Geelong - 7.45 pm) APS Rd 3 (SAT 10 May): MGS v HY; GGS v SKC; GC - BYE
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
12-18	Monday	No training/recovery session (optional)?	Development Weekend (17-18 May 14) SUN 18 May: VC v VM (Visy Park, Carlton - 11.00 am) APS Rd 4 (SAT 17 May): SKC v MGS; CAUL v GC; GGS - BYE
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
19-25	Monday	Recovery session & Video edits	Rd 8: (SAT 24 May) vs Eastern (Avalon Airport Oval, Werribee - 10.00 am) APS Rd 5 (SAT 24 May): MGS v GGS; GC v SC
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
26-1 Jun	Monday	Recovery session & Video edits	Rd 9: (SAT 31 May) vs Western (Avalon Airport Oval, Werribee - 12 Noon) SUN 1 Jun: SA v VC (AAMI Stadium, Adelaide - 11.30 am) APS Rd 6 (SAT 31 May): GGS v BGS; CY v GC; MGS - BYE
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	

June 2014			
2-8	Monday	Recovery session & Video edits	Development Weekend (QB Weekend: 7-8 Jun 14)/APS - No Games SUN 8 Jun: VM v VC (Visy Park, Carlton - 11.00 am) MON 9 Jun: Laguntas v VC (Punt Road, Richmond)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
9-15	Monday	No training/recovery session (optional)?	Rd 10: (SAT 14 Jun) vs Bendigo (Avalon Airport Oval, Werribee - 2.00 pm) SUN 15 Jun: WA v VC (Patersons Stadium, Perth - 11.30 am) APS Rd 7 (SAT 14 Jun): WC v GGS; BGS v MGS; GC v HY
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
16-22	Monday	Recovery session & Video edits	Rd 11 Country Round: (SAT 21 Jun) vs Murray (HRR, Craigieburn - 1.00 pm) APS Rd 8 (SAT 21 Jun): GGS v XC; MGS v WC; SKC v GC
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
23-29	Monday	Recovery session & Video edits	Rd 12: (SAT 28 Jun) vs Sandringham (Avalon Airport Oval, Werribee - 1.00 pm) FRI 27 Jun: VC v SA (Simonds Stadium - 2.35 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
July 2014			
30 Jun-6	Monday	Recovery session & Video edits	Rd 13: (SUN 6 Jul) vs North Ballarat (Reid Oval, Warrnambool - 1.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
7-13	Monday	Recovery session & Video edits	Rd 14: (SAT 12 Jul) vs Gippsland (Visy Park, Carlton - 1.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
14-20	Monday	Recovery session & Video edits	Development Weekend (19-20 Jul 14) APS Rd 9 (SAT 19 Jul): GC v GGS; XC v MGS
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
21-27	Monday	No training/recovery session (optional)?	Rd 15: (SAT 26 Jul) vs Eastern (Avalon Airport Oval, Werribee - 1.00 pm) APS Rd 10 (SAT 26 Jul): MGS v GC; GGS v CAUL
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
28-3 Aug	Monday	Recovery session & Video edits	Rd 16: (SAT 2 Aug) vs Queensland (Avalon Airport Oval, Werribee - 1.00 pm) APS Rd 11 (SAT 2 Aug): GC v BGS; CAUL v MGS; SC v GGS
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
August 2014			
4-10	Monday	Recovery session & Video edits	Development Weekend (9-10 Aug 14) APS Rep Matches (SAT 9 Aug)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
11-17	Monday	No training/recovery session (optional)?	Rd 17: (SAT 16 Aug) vs Oakleigh (Simonds Stadium, Geelong - 2.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
18-24	Monday	Recovery session & Video edits	Rd 18: (SAT 23 Aug) vs Dandenong (TEAC Oval, Port Melbourne - 11.00 am)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	Full group session at Highton Reserve	
25-31	TBC	TBC	Qualifying & Elimination Finals (SAT 30 & SUN 31 Aug)
September 2014			
1-7	TBC	TBC	Semi Finals (SUN 7 Sep)
8-14	TBC	TBC	Preliminary Finals (SAT 13 Sep)
15-21	TBC	TBC	Grand Final (SUN 21 Sep)