

## MEMORANDUM

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| <b>TO:</b>      | Falcons Players, Families and Staff  |
| <b>FROM:</b>    | Dean Pearce – Football Manager, Geelong Falcons                                |
| <b>DATE:</b>    | 10 March 2016  |
| <b>SUBJECT:</b> | <b>Geelong Falcons – Training &amp; Activities Schedule (11-26 March 2016)</b> |

Dear all,

As promised, the purpose of this memo is to remind/update all staff members of the upcoming schedule of events at the Falcons during the next two weeks.

**Friday March 11:** Under 18 Player Development/Leadership session at Highton Reserve (60-90 mins). Under 16 training session, timings as per norm.

**Saturday March 12: TAC Cup Testing Day @ Maribyrnong College (For Under 18s).** Bus will depart for playing group from Highton Reserve at approx 11.30am. Arrive for testing approx 12.45pm. Attend series of presentations (1.00 – 3.00pm). Complete testing (3.00 – 5.30 pm). Return to Highton Reserve approx 6.30-7.00pm.

**Monday March 14 (Labour Day Holiday):** No training scheduled. However, a short, sharp recovery session (“Critch-style!!!”) is TBC by Andy Allthorpe & Matt Critchley.

**Wednesday March 16:** Regular training session at Highton Reserve for both Under 18s & 16s, timings as per norm.

**Friday March 18:** Under 18s: Short training session at Highton Reserve followed by **Parent Information Evening at Simonds Stadium** (Captains Room), commencing approximately 6.30 pm. Under 16 training session, timings as per norm.

**Sunday March 20: Practice matches vs North Ballarat** at Sebastopol FC, Burnett Street, Sebastopol. 3 matches scheduled – Under 16s @ 11.00am followed by 2 x Under 18s @ 1.00 & 3.00pm respectively.

**Monday March 21:** Under 18s - recovery/rehab session at Highton Reserve.

**Tuesday March 22:** From this day onwards, we revert to a Monday-Tuesday-Thursday weekly training regime. On Tues Mar 22, this will be a regular training session for both Under 18s & 16s at Highton Reserve, timings as per norm.

**Thursday March 24:** Regular training session for both Under 18s & 16s at Highton Reserve, timings as per norm.

**Saturday March 26:** (Under 18s) **Round 1 vs North Ballarat Rebels @ Simonds Stadium.** Match commences at 2.00pm, selected players required at Ford Stand rooms between 12 Noon – 12.30 pm. Under 16s scheduled to play North Ballarat Rebels at St. Marys (timings TBC).

If you have any queries regarding this schedule, please feel free to contact either Mick, Andy or myself.

Regards,

**Dean Pearce**  
Football Manager, Geelong Falcons

### AFL Victoria

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