

Northern Falcons Pre-Season Schedule 2012

Week 1 –

		Time	Location	Activity
Thursday	19 th Jan	6.45pm	Hayes	Meeting/Casual Kick
Saturday	21 st Jan	11.00am	Hayes	Intra Club Game/Running

Week 2 –

Monday	23 rd Jan	6.45pm	Botanical Gardens	
Wednesday	25 th Jan	6.45pm	Hayes	Fartlek Test & Sprints (Ball)
Saturday	28 th Jan	11.00am	Intra Club Game – Hayes	

Week 3 –

Tuesday	31 st Jan	6.45pm	Hayes	3K Run & Sprints
Thursday	2 nd Feb	6.45pm	Kerferd Road Port Melbourne – Beach Session	
Sunday	5 th Feb	11.00am	Boxing Class	(If Available or Prac Match)

Week 4 –

Tuesday	7 th Feb	6.45pm	Hayes	Beep Test & Sprint
Thursday	9 th Feb	6.45pm	Bundoora Park	
Saturday	11 th Feb		Practice Match vs Essendon Royals (Venue and time TBA)	

Week 5 –

Tuesday	14 th Feb	6.45pm	Hayes	Circuit Training
Thursday	16 th Feb	6.45pm	Hayes	Agility Train/Ball Work
Saturday	18 th Feb		Melton Tournament (KO Time TBA)	

Week 6 –

Monday	20 th Feb	6.45pm	Hayes	Fartlek Test
Wednesday	22 nd Feb		Melton Tournament (Time TBA)	
Saturday	25 th Feb		Melton Tournament (Time TBA)	



Week 7 –

Tuesday	28 th Feb	6.45pm	Hayes	Beep Test
Thursday	1 st Mar	6.45pm	Hayes	Endurance/Ball Work
Sunday	3 rd Mar		Melton Tournament (Time TBA)	

Week 8 –

Tuesday	6 th Mar	6.45pm	Hayes	3K Time Trials
Thursday	8 th Mar	6.45pm	Hayes	Strength Train & Running
Saturday	10 th Mar	6.45pm	Practice Match vs Brunswick Zebras (Balfe Park East Brunswick) Time TBA	



Week 9 –

Tuesday	13 th Mar	6.45pm	Hayes	Running/Ball Work
Thursday	15 th Mar	6.45pm	Princess Park	
Sunday	18 th Mar	6.45pm	Beach Session	Kerferd Road Pt Melbourne

Week 10 –

Tuesday	20 th Mar	6.45pm	Hayes	Running/Ball Work
Thursday	22 nd Mar	6.45pm	Hayes	Running
Saturday	24 th Mar	11.00am	Hayes	Intra Club Game

Week 11 –

Tuesday	27 th Mar	6.45pm	Hayes	Preparation for Round 1
Thursday	29 th Mar	6.45pm	Hayes	Preparation for Round 1

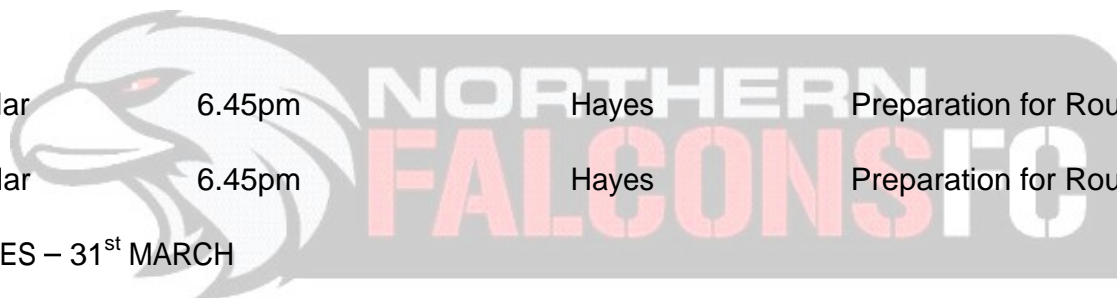
SEASON COMMENCES – 31st MARCH

(If practice matches cannot be organized with an opponent, then an intra club game will be organized with training as well)

- If Hayes Park is not available, we will advise where the alternative training ground will be

Contact Details –

Adam Fiore – Senior Coach – 0424 149 034



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