

| <b>Date</b>                    | <b>Activity</b>                | <b>Time</b>    | <b>Venue</b>          |
|--------------------------------|--------------------------------|----------------|-----------------------|
| Saturday 7th August            | Training                       | 10am - 11:30am | Seddon CC             |
| Wednesday 11th August          | Skills/Fitness                 | 6pm-7:30pm     | Seddon CC             |
| Saturday 14th August           | Training                       | 10am - 11:30am | Seddon CC             |
| Monday 16th August             | Indoor Training                | 6pm-7:30pm     | Western Sports Centre |
| Saturday 21st August           | Training                       | 10am - 11:30am | Seddon CC             |
| Monday 23rd August             | Indoor Training                | 6pm-7:30pm     | Western Sports Centre |
| Saturday 28th August           | Training                       | 10am - 11:30am | Seddon CC             |
| Monday 30th August             | Indoor Training                | 6pm-7:30pm     | Western Sports Centre |
| Saturday 4th September         | Training                       | 10am - 11:30am | Seddon CC             |
| Tuesday 7th September          | Indoor Training                | 7:30pm-8:30pm  | Western Sports Centre |
| Thursday 9th September         | Skills/Fitness                 | 5:30-7pm       | Seddon CC             |
| Sat 11th/Sunday 12th September | Practice Match (TBC)           | TBC            | TBC (SEDDON CC)       |
| Tuesday 14th September         | Skills/Fitness                 | 5:30-7pm       | Seddon CC             |
| Thursday 16th September        | Training/Skills                | 5:30-7pm       | Seddon CC             |
| Sunday 19th September          | Practice Match vs Spotswood CC | TBC            | TBC (SEDDON CC)       |
| Tuesday 21st September         | Training                       | 5:30-7pm       | Seddon CC             |
| Thursday 23rd September        | Training/Dinner                | 5:30-7pm       | Seddon CC             |
| Tuesday 28th September         | Training                       | 5:30-7pm       | Seddon CC             |
| Thursday 30th September        | Training                       | 5:30-7pm       | Seddon CC             |
| Saturday 2nd October           | <b>Round 1 (TBC)</b>           | TBC            | TBC                   |

INDOOR SESSIONS MONDAY 16TH,23RD,30TH AUGUST AND TUESDAY 7TH SEPTEMBER

1x Bowling Machine

1x Lane