

CAMP ATTITUDE – PRE SEASON TRAINING CAMP

ALL SENIOR and U19 PLAYERS ENCOURAGED TO ATTEND

LOCATION – Base Camp in Limeburners Road, Geelong

Eastern Beach & Botanical Gardens, Geelong. Approximately 60 minutes drive from Essendon (allow 75 minutes). Take the Princes Highway (A10) to Geelong, turn left into Ryrie Street (C123). Once you cross over Garden Street, Limeburners Road is the third street on the left. Base camp is the soccer club rooms on the LHS about 200m after you turn into Limeburners Road.

WHEN?

Saturday 25 February 2012 and Sunday 26 February 2012

- All Players will need to make their way to “base camp” (Limeburners Road, Geelong) by 9.45 am on Saturday 25 February to attend a “roll call”
- First session commences 10.30 am SHARP at Limeburners Road, Geelong
- We will finish on Sunday around 2.00 pm.

COST?

The Club is subsidising the camp. Players will need to cover meals cost of \$50.00. All great food and plenty of it (most blokes will spend more than that staying home).

CAMP LEADER – ‘STOOFA’

What you will need to bring.....

- Sleeping Bag, Pillow
- 4-man tent (if you have one – see Danny Byrne)
- Running Gear, shorts, 2 towels, casual clothes, toiletries, warm gear (can be quite cool at night), footy boots
- Water bottle (critical)
- Sunscreen, hat
- Bathers (we are training right on Corio Bay, some recovery will be completed in Corio Bay)

Please advise Paul Garth (0412 533 314) or John Raffle (0401 428 706) if you are able to attend – either at training or text/call

\$50 levy to be paid prior to camp date

Please note - The coaching panel view the camp as a part of all players senior and U19 commitment to the 2012 season.

WEEKEND PROGRAM (Preliminary)

[Note – Session start times are SHARP. ANY tardiness by ANY player will cost the entire group].

Saturday 25 February 2012

10.30 am Session 1

Free Time

1.30 pm Session 2

Lunch (Some rolls and fruit will be provided, Geelong Boardwalk with numerous cafes is very close)

4.30 pm Session 3

6.00 pm to late – BBQ (Eastern Park BBQ area overlooking Corio Bay)

Overnight – Base Camp, Limeburners Road, Geelong

Sunday 26 February 2012

Early Session 4

Breakfast – Same BBQ area as previous night

10.00 am Session 5

1.00 pm Session 6

2.30 pm – depart Base Camp, Limeburners Road, Geelong