

Womens Section:

The Womens section has been in pre-season training since late October on Tuesday nights 7:00p.m @ Farm Road & Saturday mornings @ 9:30am at various venues. The focus of the Tuesday sessions has been to improve fitness as well as working on stick and specific hockey skills, with involvement from other coaches both inside & outside the club. The Saturday sessions have emphasised fitness and been conducted at a range of venues to provide opportunities to focus on different components of fitness, as well as allowing the girls to work in groups or teams.



This training program will continue until Saturday 19th December before having a break over the festive season then resuming on **January 19** next year as we build towards the 2016 season.

Training can be accommodated at different levels and pennant /metro players (and some junior players considering playing senior hockey in 2016) wanting to work on their fitness or specific skills are also encouraged to attend to see what is going on at senior levels within the club.



Enquiries relating to pre-Christmas or preseason training in 2016 can be made to Graham Styles on 0402 014 794, Brian Paxton on 0418 503 160 or Lex Johnson on 0425 748 940.

Hockey 5's

Hopefully everyone has organised to be in a Hockey 5's team for the fun day round of games on the 19th December. If not please get a team together or send me an email & we'll find you a team to join. Please remember to send through the details of your team to the email address on the Hockey 5's flyer. This is a club fundraiser so please jump in as the teams cater for all fitness levels, all skill levels or no skills, women, mixed, juniors etc.

New Premier League players

We have two new players from N.Z joining our Premier League squad. They will need Billetting at someone's house so if anyone can help please let myself, Lis or Sue know asap. The club will assist with boarding costs.

Events to remember

The club is hosting a Fantastic Feb Fun Fashion Parade lunch with clothing on show from Mordy Surf & a new sports active wear range from Tierra Alma. Absolutely everyone in the club is invited so please keep an eye out for further details & put the date in your diary 21st Feb 2016.