



## Football Victoria

Australian Football League (Victoria) Limited ABN 24 147 664 579  
Princes Park, DC Bricker Pavilion, Beech Street, Caulfield Sth 3162  
PO Box 101, Caulfield South 3162  
Telephone: (03) 9532 8688 Fax: (03) 9532 9034  
Email: rmsdragons@bigpond.com  
Website: www.sandringhamdragons.aflvic.com.au



### M E M O R A N D U M

<b>To:</b>	Summer Training Squad Players
<b>From:</b>	Ryan O'Connor
<b>Date:</b>	12 February 2013
<b>Re:</b>	<b>SDFC PRE-SEASON CAMP 2013</b>

#### CHECKLIST FOR WHAT TO BRING

The emphasis is to **travel light** and bring a minimum of items:

<input type="checkbox"/>	Sleeping Bag
<input type="checkbox"/>	Pillow
<input type="checkbox"/>	Toiletries
<input type="checkbox"/>	Towel
<input type="checkbox"/>	Clothes for Saturday (including football training gear)
<input type="checkbox"/>	Clothes for Sunday
<input type="checkbox"/>	Playing Gear for Sunday Matches – White Shorts & Dragons Socks (maroon, blue, white)
<input type="checkbox"/>	Personal Snacks
<input type="checkbox"/>	Swimmers
<input type="checkbox"/>	Runners
<input type="checkbox"/>	Money for additional drinks / snacks from canteen Sunday
<input type="checkbox"/>	Sun Cream
<input type="checkbox"/>	Note Pad & Pen
<input type="checkbox"/>	A Personal Item that represents yourself

#### Camp Schedule

##### Friday

5:30pm - Depart South Caulfield  
9:00pm - Arrive at Woorabinda School Camp  
10:00pm - Bed

##### Saturday

7:30am - Breakfast  
8.45am - Depart for Yallourn North Football Ground  
9:15am - Training  
12.30pm - LUNCH  
1.30pm - Stoppages  
3.00pm - Players free time  
6:30pm - Dinner  
9.00pm - Team Meeting & Divisional meetings with line coaches

##### Sunday

7:30am - Breakfast  
8:00am - Clean Up  
8:30am - 1st Game Departs for Ground  
9:30am - 2nd Game Departs for Ground  
11:00am - 1st Game  
1:00pm - 2nd Game  
3:30pm - Depart for South Caulfield  
6:30pm - Arrive Back at South Caulfield

Please see below when you are expected at camp, as well as the costs involved. These costs need to be paid before boarding the bus on Friday night for those attending the full camp. Those who are arriving later need to pay as they arrive at camp or at the games.

Players going on Full Camp – Cost \$220			
Karl Amon	Charlie Kelso	Alex Spencer	Josh Clayton
Callum Cathcart	Jack Knight	Haydon Whitehead	William Fordham
Luke Daidone	Tom Langdon	Jack Wilson	Anthony Giuliano
Julian Eimutis	Nicholas Lewis	Christian Salem	Sam Kelly
Nathan Freeman	Matthew Lovejoy	Luke Verma	Tom Laumets
Jack Gabron-Uhe	Calum Macleod	Jack Grange	Michael Mantiet
Gerard Gleeson	Cody Mance	Raury Bolger	Brayden Maynard
Taylor Grace	Luke Marchetti	Elliot Le Grice	Sean McLaren
Max Hayes	Lachlan Mirams	Malcolm Neiwand	Michael Slater
Aaron Hodges	James Munro	Michael Rechtman	Tom Wilkinson
Matt Hooy	Lachlan Ritchie	Will Barker	Tom McGowan
Lachlan Howes	Dean Rotenburg	Jim Bazzani	Angus Brayshaw
Joshua Kelly	Nathan Smith		

Players to Arrive on Saturday – Cost \$120	Players to Arrive Sunday and Play Practice Matches – Cost \$50	Players to Arrive Sunday and Attend Practice Matches – NO COST	
Will Hayes	Zach Merret	Tim Cumming	Chris Pitsos
Patrick Hurst	Ed Langdon	Andrew Thurin	Ben Schwartz
Harry Dear	Martin Ho	Luke Bravis	Will Stewart
		Andy Din	Edward Watkin
		Luke Gogis	Ed Vickers-Willis
		Sean Gunning	Matt Zagni
		Adam Heatley	James Landman
		Christian Middleton	Connor Lappin
		Marcus La Greca	Sam Mason
		Kurt Heatherley	