

## Geelong Falcons - Training Calendar (Season 2013)

November 2012			Notes (Last Updated - 11 Mar 13)
12-18	Monday	Highton Reserve/Leura Oval	
	Wednesday		
	Friday		
19-25	Monday	Highton Reserve/Leura Oval	
	Wednesday	All at Highton Reserve	
	Friday	Highton Reserve/Leura Oval	
26-2 Dec	Monday	Highton Reserve/Leura Oval	AIS National Camp #2 (24 Nov - 1 Dec); AIS Canberra
	Wednesday		
	Friday		
December 2012			
3-9	Monday	Highton Reserve/Leura Oval	
	Wednesday	All at Eastern Beach	
	Friday	Geelong College/Leura Oval	
10-16	Monday	Highton Reserve/Leura Oval	
	Wednesday	Barwon Valley/Leura Oval	
	Friday	Geelong College/Leura Oval	
17-19	Monday	Highton Reserve/Leura Oval	Pre-Christmas Testing (3km time trial, skinfolds etc); players issued training diaries
	Wednesday	All at Geelong Grammar	
<b>XMas-New Year Break (20 Dec 12 - 20 Jan 13)</b>			AIS National Camp #3 (6-10 Jan 13); Ormond College, Melbourne
January 2013			
21-27	Monday	Highton Reserve/Leura Oval	Post Christmas/New Year testing
	Wednesday	All at Highton Reserve	
	Friday	Highton Reserve/Leura Oval	
28-3 Feb	Monday	Training (TBC)	Australia Day Holiday
	Wednesday	Highton Reserve/Leura Oval	
	Friday		
February 2013			
4-10	Monday	Highton Reserve/Leura Oval	
	Wednesday	All at Highton Reserve	
	Friday	Highton Reserve/Leura Oval	
11-17	Monday	Highton Reserve/Leura Oval	
	Wednesday		
	Friday		
18-24	Monday	Training at Highton Reserve & Leura Oval	Intra-trial matches @ Leura Oval, Camperdown (Sun 24 Feb) U16 start 11.00 am; U18 start 1.00 pm
	Wednesday	Full squad training at Highton Reserve (inc Leadership development session)	
	Friday	Training at Highton Reserve & Leura Oval	
25-3 Mar	Monday	Rehab/recovery: Geelong players @ Highton Reserve Hampden players - individual arrangements	Intra-trial matches @ Leura Oval, Camperdown (Sun 3 Mar) U16 start 11.00 am; U18 start 1.00 pm
	Wednesday	Training at Highton Reserve & Leura Oval	
	Friday	Training at Highton Reserve & Leura Oval	
March 2013			
4-10	Monday	Rehab/recovery: Geelong players @ Highton Reserve Hampden players - individual arrangements	Sat 9 Mar - TAC Cup Testing Day (Maribyrnong)
	Wednesday	Training: Geelong players @ Highton Reserve Hampden players - with local clubs	
	Friday	Full squad @ Highton Reserve Player Leadership Program	
11-17	Monday	Labour Day Holiday (Rest day)	Practice Matches vs North Ballarat (SUN 17 Mar) @ Eureka Stadium, Ballarat U16 start 11.00 am; U18s start 1.00 & 3.00pm
	Wednesday	Full squad training at Highton Reserve	
	Friday	Training: Geelong players @ Highton Reserve Hampden players - with local clubs	
18-24	Monday	Rehab/recovery: Geelong players @ Highton Reserve Hampden players - individual arrangements	SAT 23 Mar: Player Leadership Program Followed by Parent Information Luncheon Popescu Room, Simonds Stadium, 12 Noon ~ 2.00 pm
	Wednesday	Training: Geelong players @ Highton Reserve Hampden players - with local clubs	
	Friday	Full squad training at Highton Reserve	
25-31	Monday	Rest	AIS/AFL International Tour (Melbourne-Europe) 27 Mar - 14 Apr 13
	Tuesday	Training: Geelong players @ Highton Reserve Hampden players - with local clubs	
	Thursday	Full squad training at Highton Reserve	
			Rd 2: (SAT 30 Mar) vs Murray Bushrangers (Highgate Recreation Reserve, Craigieburn - 2.00pm)

April 2013			
1-7	Monday	Recovery session & Video edits	Rd 3: (SUN 7 Apr) vs North Ballarat Rebels (Reid Oval, Warrnambool - 1.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
8-14	Monday	Recovery session & Video edits	Rd 1: Country Round (SAT 13 Apr) vs Dandenong Stingrays (Queen Elizabeth Oval, Bendigo - 3.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
15-21	Monday	Recovery session & Video edits	Rd 4: Metro Round (Country sides - BYE) Falcons Development Match vs TBC (Venue - TBC) (SUN 21 Apr) U18 Vic Country Intra-Trial (Visy Park, Carlton)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
22-28	Monday	No training/recovery session (optional)?	Rd 5: (SAT 27 Apr) vs Oakleigh Chargers (Warrawee Park, Oakleigh - 1.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
29-5 May	Monday	Recovery session & Video edits	Rd 6: (SAT 4 May) vs Northern Knights (Simonds Stadium, Geelong - 2.00 pm)* * VFL fixture as a 'curtain raiser'
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
May 2013			
6-12	Monday	Recovery session & Video edits	Development Weekend (11-12 May 13) (SUN 12 May ) U18 Vic Country vs Vic Metro Trial (Visy Park, Carlton - 10.00 am & 1.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
13-19	Monday	No training/recovery session (optional)?	Rd 7: (SAT 18 May) vs Calder Cannons (Highgate Recreation Reserve, Craigieburn - 1.30 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
20-26	Monday	Recovery session & Video edits	Rd 4: Country Round (SAT 25 May) vs Bendigo Pioneers (Highgate Recreation Reserve - 11.30 am) Northern Territory vs Vic Country (TIO Stadium, Darwin - 4.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
27-2 Jun	Monday	Recovery session & Video edits	Rd 8: (SAT 1 Jun) vs Sandringham Dragons (Chirside Park, Werribee - 2.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
June 2013			
3-9	Monday	Recovery session & Video edits	Development Weekend (QB Weekend: 8-9 Jun 13) (SUN 9 Jun) Vic Country vs Tasmania (Visy Park, Carlton - 2.30 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
10-16	Monday	No training/recovery session (optional)?	Rd 9: (SAT 15 Jun) vs Eastern Ranges (Simonds Stadium, Geelong - 2.00 pm) (SUN 16 Jun) South Australia vs Vic Country (Alberton Oval, Port Adelaide - 12 Noon)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
17-23	Monday	Recovery session & Video edits	Rd 10: (SAT 22 Jun) vs Western Jets (Burbank Oval, Williamstown - 1.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
24-30	Monday	Recovery session & Video edits	(FRI 28 Jun) Vic Country vs Western Australia (Simonds Stadium, Geelong - 12.35 pm) Rd 11: (SUN 30 Jun) vs North Ballarat Rebels (Highgate Recreation Reserve, Craigieburn - 12 Noon)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
July 2013			
1-7	Monday	Recovery session & Video edits	(WED 3 Jul) Vic Country vs Vic Country (Etihad Stadium, Melbourne - 5.35 pm) Rd 12: (SAT 6 Jul) vs Oakleigh Chargers (Simonds Stadium, Geelong - 2.00 pm)* * VFL fixture as a 'curtain raiser'
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
8-14	Monday	Recovery session & Video edits	Rd 13: (SUN 14 Jul) vs Gippsland Power (Box Hill City Oval, Box Hill - 1.30 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
15-21	Monday	Recovery session & Video edits	Development Weekend (20-21 Jul 13)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
22-28	Monday	No training/recovery session (optional)?	Rd 14: (SAT 27 Jul) vs Northern Knights (Preston City Oval, Preston - 2.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
29-4 Aug	Monday	Recovery session & Video edits	Rd 15: (SAT 3 Aug) vs Bendigo Pioneers (Epsom Huntly Reserve, Bendigo - 1.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
August 2013			
5-11	Monday	Recovery session & Video edits	Development Weekend (10-11 Aug 13)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
12-18	Monday	No training/recovery session (optional)?	Rd 16: (SAT 17 Aug) vs Calder Cannons (Simonds Stadium, Geelong - 2.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
19-25	Monday	Recovery session & Video edits	Rd 17: (SAT 24 Aug) vs Dandenong Stingrays (Victoria Park, Collingwood - 2.00 pm)
	Tuesday	Highton Reserve/Leura Oval	
	Thursday	All at Highton Reserve	
26-1 Sep	TBC	TBC	Qualifying & Elimination Finals (31 Aug & 1 Sep)
September 2013			
2-8	TBC	TBC	Semi Finals (SUN 8 Sep)
9-15	TBC	TBC	Preliminary Finals (SAT 14 Sep)
16-22	TBC	TBC	Grand Final (SUN 22 Sep)