

## Geelong Falcons - Training Calendar (Season 2015)

November 2014			Notes (Last Updated - 12 April 2015)
10-16	Monday	Full group session at Highton Reserve	Initial training session at Highton Reserve (Mon 10 Nov) - Manager & Coach's address followed by fitness testing
	Wednesday	Full group session at Highton Reserve	
	Friday	Full group session at Highton Reserve	
17-23	Monday	Full group session at Highton Reserve	
	Wednesday	Full group session at Highton Reserve	
	Friday	Full group session at Highton Reserve	
24-30	Monday	Full group session at Highton Reserve	
	Wednesday	Full group session at Highton Reserve	
	Friday	Full group session at Highton Reserve	
December 2014			
1-7	Monday	Full group session at Highton Reserve	
	Wednesday	Full group session at Highton Reserve	
	Friday	Full group session at Highton Reserve	
8-14	Monday	Full group session at Highton Reserve	
	Wednesday	Full group session at Highton Reserve	
	Friday	Full group session at Highton Reserve	
15-21	Monday	Full group session at Highton Reserve	Pre-Christmas Testing (aerobic time trials, skinfolds etc); players issued training diaries
	Wednesday	Full group session at Highton Reserve	
	Friday	Full group session at Highton Reserve	
XMas-New Year Break (20 Dec 14 - 25 Jan 15)			
January 2015			
26-1 Feb	Monday	Full group session at Highton Reserve	Australia Day Holiday - Jan 26
	Wednesday	Full group session at Highton Reserve	Post-Christmas fitness testing to be conducted at Highton Reserve on Wed 28 Jan
	Friday	Full group session at Highton Reserve	
February 2015			
2-8	Monday	Full group session at Highton Reserve	
	Wednesday	Full group session at Highton Reserve	
	Friday	Full group session at Highton Reserve	
9-15	Monday	Full group session at Highton Reserve	
	Wednesday	Full group session at Highton Reserve	
	Friday	Full group session at Highton Reserve	
16-22	Monday	Full group session at Highton Reserve	Intra-trial matches at Central Reserve, Colac (SUN 22 Feb; 11.00am & 1.00pm)
	Wednesday	Full group session at Highton Reserve	
	Friday	Full group session at Highton Reserve	
23-1 Mar	Monday	No training (TBC) - recovery session from trials	Intra-trial matches at Central Reserve, Colac (SUN 1 Mar; 11.00am & 1.00pm)
	Wednesday	Full group session at Highton Reserve	
	Friday	Full group session at Highton Reserve	
March 2015			
2-8	Monday	No training (TBC) - recovery session from trials	Player Leadership Program (Leading Teams) - FRI 6 Mar start approx 4.30pm Note: SAT 7 Mar - TAC Cup Testing Day (Maribyrnong) - TBC
	Wednesday	Full group session at Highton Reserve	
	Friday	Player Leadership session @ Highton Reserve	
9-15	Monday	No training (Labour Day) - individual recovery session	Parent Information Evening (FRI 13 Mar): Captains Room, Simonds Stadium (6.00pm) SUN 15 Mar: Practice Matches vs North Ballarat (Central Reserve, Colac) (11.00am, 1.00 & 3.00pm)
	Wednesday	Full group session at Highton Reserve	
	Friday	Full group session at Highton Reserve	
16-22	Monday	No training - recovery session from Prac Matches	Rd 1: Metro Round SAT 21 Mar: Practice Matches vs Murray Bushrangers, RAMS Arena, Craigieburn (10.00am, 12 Noon & 2.00pm)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
23-29	Monday	No training - recovery session from Prac Matches	Rd 2 (SUN 29 Mar): vs North Ballarat Rebels (Simonds Stadium, Geelong; 2.00pm)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
April 2015			
30 Mar-5	Monday	Recovery session & Video edits	Rd 3 (SAT 4 Apr): vs Dandenong Stingrays (Shepley Oval, Dandenong; 1.00pm) (SUN 5 Apr): AFL Academy vs Werribee (Etihad Stadium)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
6-12	Monday	Recovery session & Video edits	Rd 4 (Country Round - SAT 11 Apr): vs Gippsland Power (Queen Elizabeth Oval, Bendigo; 1.00 pm) (SAT 11 Apr) AFL Academy vs Northern Blues (MCG)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
13-19	Monday	Recovery session & Video edits	Development Weekend (18-19 Apr) APS Rd1: GGS vs GC, MGS vs XC (SUN 19 Apr): VC vs Queensland/NSW (TBC) (Visy Park, Carlton)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
20-26	Monday	No training/recovery session (optional)?	Rd 5 (SAT 25 Apr): vs Bendigo Pioneers (RAMS Arena, Craigieburn; 11.15am) APS: All Teams BYE
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
27-3 May	Monday	Recovery session & Video edits	Rd 6 (SUN 3 May): vs Northern Knights (Preston City Oval, Preston; 1.00pm) APS Rd 2: GC vs MGS; CAUL vs GGS; XC vs BGS
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
May 2015			
4-10	Monday	Recovery session & Video edits	Rd 7 (FRI [night] 8 May): vs Calder Cannons (Simonds Stadium, Geelong; 7.00pm) APS Rd 3: BGS vs GC; GGS vs SC; WC vs XC
	Wednesday	Full group session at Highton Reserve	
11-17	Monday	Recovery session & Video edits	Rd 8 (SAT 16 May): vs Eastern Ranges (Simonds Stadium, Geelong; 1.00pm) APS Rd 4: GC vs WC; CY vs GGS; XC - BYE
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
18-24	Monday	No training/recovery session (optional)?	Development Weekend (23-24 May) APS Rd 5: XC vs GC; GGS vs HY (SUN 24 May): VC vs VM (Simonds Stadium, 11.00am)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
25-31	Monday	Recovery session & Video edits	Rd 9 (SAT 30 May): vs Western Jets (Avalon Airport Oval, Werribee; 1.30pm) APS Rd 6: CAUL vs XC; SKC vs GGS; GC - BYE (SUN 31 May) VC vs WA (Medibank Stadium, Leederville/Perth; 12 Noon)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	

June 2015			
1-7	Monday	Recovery session & Video edits	Development Weekend (QB Weekend: 6-7 Jun)/APS - No Games (SUN 7 Jun): VM vs VC (Simonds Stadium, Geelong; 12 Noon)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
8-14	Monday	No training/recovery session (optional)?	Rd 10 (SAT 13 Jun): vs Tasmania (Avalon Airport Oval, Werribee; 11.00am)
	Tuesday	Full group session at Highton Reserve	APS Rd 7: XC vs SC; GC vs CAUL; <b>GGG - BYE</b>
	Thursday	Full group session at Highton Reserve	(SUN 14 Jun): SA vs VC (AAMI Stadium, Adelaide; 11.00am)
15-21	Monday	Recovery session & Video edits	Rd 11 (SAT 20 Jun): vs Murray Bushrangers (RAMS Arena, Craigieburn; 12 Noon) APS Rd 8: CY vs XC; GGS vs MGS; SC vs GC
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
22-28	Monday	Recovery session & Video edits	Development Weekend (QB Weekend: 27-28 Jun) (FRI 26 Jun): VC vs SA (Simonds Stadium, Geelong; 12.35pm)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
July 2015			
29 Jun-5	Monday	Recovery session & Video edits	Rd 12 (SAT 4 Jul): vs Sandringham Dragons (Avalon Airport Oval, Werribee; 2.00pm) (THU 2 Jul): VC vs WA (Simonds Stadium, Geelong; 1.15pm)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
6-12	Monday	Recovery session & Video edits	Rd 13 (SUN 12 Jul): vs North Ballarat Rebels (Eureka Stadium, Ballarat; 1.00pm)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
13-19	Monday	Recovery session & Video edits	Development Weekend (18-19 Jul) APS Rd 9: XC vs HY; BGS vs GGS; GC vs CY
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
20-26	Monday	No training/recovery session (optional)?	Rd 14 (SAT 25 Jul): vs Eastern Ranges (Box Hill City Oval, Box Hill; 1.00pm) APS Rd 10: SKC vs XC; GGS vs WC; HY vs GC
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
27-Aug 2	Monday	Recovery session & Video edits	Rd 15 (SAT 1 Aug): vs Gippsland Power (Visy Park, Carlton; 1.00pm) APS Rd 11: XC vs GGS; GC vs SKC
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
August 2015			
3-9	Monday	Recovery session & Video edits	Development Weekend (8-9 Aug) APS Rep Matches - SAT 8 Aug
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
10-16	Monday	No training/recovery session (optional)?	Rd 16 (SAT 15 Aug): vs Northern Knights (Simonds Stadium, Geelong; 3.00pm)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
17-23	Monday	Recovery session & Video edits	Rd 17 (SAT 22 Aug): vs Oakleigh Chargers (Warrabee Park, Oakleigh; 1.00pm)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
24-30	Monday	Recovery session & Video edits	Rd 18 (SUN 30 Aug): vs Dandenong Stingrays (Simonds Stadium, Geelong; 2.00pm)
	Tuesday	Full group session at Highton Reserve	
	Thursday	Full group session at Highton Reserve	
September 2015			
31 Aug-6	TBC	TBC	Qualifying & Elimination Finals (SAT 5 & SUN 6 Sep) - TBC
7-13	TBC	TBC	Semi Finals (SUN 13 Sep) - TBC
14-20	TBC	TBC	Preliminary Finals (SAT 19 Sep) - TBC
21-27	TBC	TBC	Grand Final (SUN 27 Sep) - TBC