|  | | Calder Cannons Football Club  Highgate Recreation Reserve - 229 Grand Boulevard, Craigieburn (Mel Ref 386 J3)  PO Box 1005, Craigieburn North 3064  Telephone: 8339 7482  Email: Cannonsyga@afl.com.au  Website: [www.caldercannons.aflvic.com.au](http://www.caldercannons.aflvic.com.au) | |
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| **To:** | 2019 U18 Girls Calder Cannons Squad Players, Parents & Officials | |
| **From:** | Russell Humphrey (Girls Coordinator) & Matthew Burton (Football Operations) | |
| **Date:** | Monday 26th November 2018 | |
| **Subject:** | 2019 U18 Girls Calder Cannons Squad – Training Details | |

1. **Pre-Christmas Training Dates:**

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| --- | --- | --- | --- | --- | --- |
| **Date** | **Month** | **Day** |  | **Venue** | **Time** |
| 26th | November | Monday |  | RAMS Arena | 5pm |
| 28th | November | Wednesday |  | RAMS Arena | 6.30pm |
| 30th | November | Friday |  | RAMS Arena | 5pm |
| 3rd | December | Monday |  | RAMS Arena | 5.00pm |
| 5th | December | Wednesday |  | RAMS Arena | 6.30pm |
| 7th | December | Friday |  | RAMS Arena | 5pm |
| 10th | December | Monday |  | RAMS Arena | 5pm |
| 12th | December | Wednesday |  | RAMS Arena | 6.30pm |
| 14th | December | Friday |  | RAMS Arena | 5pm |

1. **Levies / Insurance:** A reminder that Summer Training levies are due by Friday 30th November. Paying for your levy will also cover you through JLT registration insurance.

**LINK -** <https://membership.sportstg.com/v6/regoform.cgi?formID=44007&fbclid=IwAR2GkuX9Nfx-aFSnxhSRjmkQ_kI6TRQ4m1XvpetOnZURpyHO53dIS7Vob48>

1. **VARK:** A reminder that Vark was due by **Monday the 18th of November**. If you have not completed the Vark Form please see Russell on Wednesday.
2. **Iron On Names:** All players to make sure they have your names ironed onto your apparel by Wednesday. Please read the instructions closely and follow carefully.
3. **Training Requirements:** All players must bring their Cannons football to every training session, a drink bottle that is adequate for the session, mouthguard, boots, runners and swimming gear to ensure they are organised for any type of session.
4. **Training Absence:** If you are unable to make a training session for any reason it is YOUR responsibility to inform Russell of your absence – 0447 004 647 or [russell.humphrey@afl.com.au](mailto:russell.humphrey@afl.com.au)
5. **Cannons Social Media:** The Cannons have a Facebook and Twitter page that allows us to communicate any late details to players and staff and remind all about important information. If you are not already friends with the Facebook page, please add this ASAP. Please also follow the Cannons on Twitter @CalderCannonsFC to keep up to date with all the latest.
6. **Club Contacts:**

Russell Humphrey Girls Talent Coordinator 0447 004 647 russell.humphrey@afl.com.au

Chris Johnson Interim Talent Manager 0419 521 449 [chris.johnson@afl.com.au](mailto:chris.johnson@afl.com.au)

Matthew Burton Football Ops Manager 0403 255 177 [matthew.burton@afl.com.au](mailto:matthew.burton@afl.com.au)

Paul Tilley Coach 0477 359 980