

# Geelong Falcons - Training Calendar (Season 2020)

Last Updated: 14 November 2019

Dates	Trg Days	Under 18 Program	Under 16 Program	Youth Girls Academy (YGA) Program	Notes
<b>November 2019</b>					
18-24	Monday	Initial group session at Highton Reserve		Initial group session at Western Heights College	Initial U18 induction session at Highton Reserve (Mon 18 Nov) - TM & HC address followed by kit issue etc Initial Girls training session at Western Heights College (Mon 18 Nov) - Manager & Coach's address followed by kit issue/fitness testing Initial U16 training session at Highton Reserve (Wed 20 Nov) - Manager & Coach's address followed by kit issue/fitness testing
	Wednesday	Full group session at Highton Reserve	Initial group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval)	Full group session at Highton Reserve	Full group session at Western Heights College	
25-1 Dec	Monday	Full group session at Highton Reserve	No training	Full group session at Western Heights College	
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval)	Full group session at Highton Reserve	Full group session at Western Heights College	
<b>December 2019</b>					
2-8	Monday	Full group session at Highton Reserve	No training	Full group session at Western Heights College	## NB. U18 Boys Rookie Me testing scheduled for FRI 6 Dec.
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval) ##	Full group session at Highton Reserve	Full group session at Western Heights College	
9-15	Monday	Full group session at Highton Reserve	No training	Full group session at Western Heights College	
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval)	Full group session at Highton Reserve	Full group session at Western Heights College	
16-22	Monday	Full group session at Highton Reserve	No training	Full group session at Western Heights College	Under 18 VC Camp #1: SUN 15 - FRI 20 Dec (Geelong)
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve **	Full group session at Western Heights College	** Final pre-Christmas training session for U16 Boys (WED 18 Dec) and U18 Boys & Girls (FRI 20 Dec) - players issued training diaries at end of session
	Friday	Full group session at Deakin Uni (AFL Oval) **	No training	Full group session at Western Heights College **	
<b>XMas-New Year Break (21 Dec 19 - 19 Jan 20)</b>					
<b>January 2020</b>					
20-26	Monday	Full group session at Highton Reserve	No training	Full group session at Western Heights College	Under 18 VC Camp #2: SUN 19 - THU 23 Jan (Melbourne)
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval)	Full group session at Highton Reserve	Full group session at Western Heights College	
27 - Feb 2	Monday	Full group session at Highton Reserve	No training	Full group session at Western Heights College	
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval) ##	Full group session at Highton Reserve	Full group session at Deakin Uni (AFL Oval) ##	
<b>February 2020</b>					
3-9	Monday	Full group session at Highton Reserve	No training	Full group session at Western Heights College	
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval)	Full group session at Highton Reserve	Full group session at Western Heights College	
10-16	Monday	Full group session at Highton Reserve	No training	Full group session at Western Heights College	
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval)	Full group session at Highton Reserve	Full group session at Western Heights College	
17-23	Monday	Full group session at Highton Reserve	No training	Full group session at Western Heights College	
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval)	Full group session at Highton Reserve	Full group session at Western Heights College	
	SAT/SUN 22/23	(SUN 23 Feb) Intra-trial matches U18s: 1.00 pm; Deakin University, Waurrn Ponds	(SUN 23 Feb) Intra-trial matches U16s: 11.00am; Deakin University, Waurrn Ponds	Girls trial matches (intra or vs GWV Rebels - TBC); Deakin University, Waurrn Ponds	
24 - Mar 1	Monday	No training - recovery session @ Highton Reserve	No training - recovery from trials	No training - recovery from trials	+ NB. Geelong AFL Team requires Deakin's AFL Oval on night of Fri 28 Feb
	Wednesday	Full group session at Deakin Uni (AFL Oval) +	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Highton Reserve +	Full group session at Highton Reserve	Full group session at Western Heights College	
	SAT 29 Feb SUN 1 Mar	(SUN 1 Mar) Prac matches vs Western Jets (x2) U18s: 1.00 & 3.00 pm; Deakin University, Waurrn Ponds	(SUN 1 Mar) Practice match vs Western Jets U16s: 11.00am; Deakin University, Waurrn Ponds	Girls Rd 1 vs (Date/Venue/Timings - TBC)	

March 2020					
Dates	Trg Days	Under 18 Program	Under 16 Program	Youth Girls Academy (YGA) Program	Notes
2-8	Monday	No training - recovery session @ Highton Reserve	No training - recovery from trials	No training - recovery from matches	
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval)	Full group session at Highton Reserve	Full group session at Western Heights College	
	SAT/SUN 7/8	(SAT 7 Mar) NAB League Testing Day; Maribyrnong College		Girls Rd 2 vs (Date/Venue/Timings - TBC)	
9-15	Monday	No training - Labour Day Holiday	Labour Day Holiday	Labour Day Holiday	U18 Parent Information Evening (FRI 13 Mar -TBC) Presidents North Room, GMHBA Stadium
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval)	Full group session at Highton Reserve	Full group session at Western Heights College	
	SAT/SUN 14/15	(SUN 15 Mar) Prac matches vs GWV Rebels (x2) U18s: 1.00 & 3.00 pm; Deakin University, Waurin Ponds	(SUN 15 Mar) Practice match vs GWV Rebels U16s: 11.00am; Deakin University, Waurin Ponds	Girls - no football scheduled??	
16-22	Monday	No training - recovery session from practice matches	No training - recovery from practice matches	Rehab/recovery or training session (TBC)	
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval)	Full group session at Highton Reserve	Full group session at Western Heights College	
	SAT/SUN 21/22	Rd 1 vs (Date/Time/Venue - TBC)	Rd 1 vs (Date/Time/Venue - TBC)	Girls Rd 3 vs (Date/Time/Venue - TBC)	
23-29	Monday	Recovery session & Video edits @ Highton Reserve	No training	No training - recovery from matches	
	Wednesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Friday	Full group session at Deakin Uni (AFL Oval)	Full group session at Highton Reserve	Full group session at Western Heights College	
	SAT/SUN 28/29	Rd 2 vs (Date/Time/Venue - TBC)	Rd 2 vs (Date/Time/Venue - TBC)	Girls Rd 4 vs (Date/Time/Venue - TBC)	
April 2020					
Mar 30 - 5	Monday	Recovery session & Video edits @ Highton Reserve	No training	No training - recovery from matches	
	Tuesday	Full group session at Highton Reserve	Full group session at Highton Reserve	Full group session at Western Heights College	
	Thursday	Full group session at Deakin Uni (AFL Oval)	No training or light session at Highton Reserve (TBC)	Full group session at Western Heights College	
	SAT/SUN 4/5	(SAT 4 Apr) Rd 3 vs (Queen Elizabeth Oval, Bendigo; Time - TBC)	(FRI 3 Apr) Rd 3 vs (Queen Elizabeth Oval, Bendigo; Time - TBC)	(SUN 5 Apr) Girls Rd 5 vs (Queen Elizabeth Oval, Bendigo; Timings - TBC)	
6-12	Monday	Recovery session & Video edits @ Highton Reserve		No training - recovery from matches	Under 18 VC Camp #3: WED 8 - SAT 11 Apr (Melbourne: inc trial match - details TBC - SAT 11 Apr)
	Tuesday	Full group session at Highton Reserve		Full group session at Highton Reserve	
	Thursday	All players return to local clubs Thu night training session (TBC)		Full group session at Highton Reserve	
SAT/SUN 11/12	Easter/Development Weekend	Easter/Development Weekend			
13-19	Monday	Easter Monday - No training, player recovery under own arrangements		Easter Monday - No training, player recovery under own arrangements	
	Tuesday	Full group session at Highton Reserve		Full group session at Highton Reserve	
	Thursday	Full group session at Deakin Uni (AFL Oval)		Full group session at Highton Reserve	
	SAT/SUN 18/19	Rd 4 vs (Date/Time/Venue - TBC)		Girls Rd 6 vs (Date/Time/Venue - TBC)	
20-26	Monday	Recovery session & Video edits @ Highton Reserve		No training - recovery from matches	
	Tuesday	Full group session at Highton Reserve		Full group session at Highton Reserve	
	Thursday	Full group session at Deakin Uni (AFL Oval)		Full group session at Highton Reserve	
	SAT/SUN 25/26	Rd 5 vs (Date/Time/Venue - TBC)		Girls Rd 7 vs (Date/Time/Venue - TBC)	
27 - May 3	Monday	Recovery session/Video edits (Geelong FC - 5.00pm start - TBC)		No training - recovery from matches	
	Tuesday	Full group session at Highton Reserve		Full group session at Highton Reserve	
	Thursday	Full group session at Deakin Uni (AFL Oval)		Full group session at Highton Reserve	
	SAT/SUN 2/3	Bye/Development Weekend		Girls Rd 8 vs (Date/Time/Venue - TBC)	

May 2020					
Dates	Trg Days	Under 18 Program	Under 16 Program	Youth Girls Academy (YGA) Program	Notes
4-10	Monday	Recovery session & Video edits @ Highton Reserve		No training - recovery from matches	
	Tuesday	Full group session at Highton Reserve		Full group session at Highton Reserve	
	Thursday	Full group session at Deakin Uni (AFL Oval)		Full group session at Highton Reserve	
	SAT/SUN 9/10	Rd 6 vs (Date/Time/Venue - TBC)		Girls Rd 9 vs (Date/Time/Venue - TBC)	
11-17	Monday	Recovery session/Video edits (Geelong FC - 5.00pm start - TBC)		No training - recovery from matches	
	Tuesday	Full group session at Highton Reserve		Training session - TBC	
	Thursday	Full group session at Deakin Uni (AFL Oval)		Training session - TBC	
	SAT/SUN 16/17	Rd 7 vs (Date/Time/Venue - TBC)		Girls Semi Finals (Date/Time/Venue - TBC)	
18-24	Monday	Recovery session & Video edits @ Highton Reserve		No training - recovery from matches	
	Tuesday	Full group session at Highton Reserve		Training session - TBC	
	Thursday	Full group session at Deakin Uni (AFL Oval)		Training session - TBC	
	SAT/SUN 23/24	Bye/Development Weekend		Girls Grand Final (Date/Time/Venue - TBC)	(SAT/SUN 23/24 May): VC vs Allies Trial
25-31	Monday	Recovery session & Video edits @ Highton Reserve			
	Tuesday	Full group session at Highton Reserve			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 30/31	Rd 8 vs (Date/Time/Venue - TBC)			(SAT/SUN 30/31 May): WA vs VC
June 2020					
1-7	Monday	Recovery session & Video edits @ Highton Reserve			
	Tuesday	Full group session at Highton Reserve			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 6/7	Bye: Queen's Birthday/Development Weekend			(SAT/SUN 6/7 Jun): VC vs VM
8-14	Monday	Recovery session/Video edits (Geelong FC - 5.00pm start - TBC)			
	Tuesday	Full group session at Highton Reserve			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 13/14	Rd 9 vs (Date/Time/Venue - TBC)			
15-21	Monday	Recovery session & Video edits @ Highton Reserve			
	Tuesday	Full group session at Highton Reserve			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 20/21	Bye/Development Weekend			(SAT/SUN 20/21 Jun): VC vs SA
22-28	Monday	Recovery session & Video edits @ Highton Reserve			
	Tuesday	Full group session at Highton Reserve			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 27/28	("Futures") Rd 10 vs (Date/Time/Venue - TBC)			

July 2020					
Dates	Trg Days	Under 18 Program	Under 16 Program	Youth Girls Academy (YGA) Program	Notes
Jun 29 -5	Monday	Recovery session & Video edits @ Highton Reserve			(Dates TBC): VC vs Allies
	Tuesday	Full group session at Highton Reserve			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 4/5	("Futures") Rd 11 vs (Date/Time/Venue - TBC)			
6-12	Monday	Recovery session & Video edits @ Highton Reserve			
	Tuesday	Spin & swim session - Leisurelink (TBC)			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 11/12	Bye/Development Weekend			
13-19	Monday	Recovery session & Video edits @ Highton Reserve			
	Tuesday	Full group session at Highton Reserve			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 18/19	Rd 12 vs (Date/Time/Venue - TBC)			
20-26	Monday	Recovery session & Video edits @ Highton Reserve			
	Tuesday	Full group session at Highton Reserve			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 25/26	Rd 13 vs (Date/Time/Venue - TBC)			
27 - Aug 2	Monday	Recovery session & Video edits @ Highton Reserve			
	Tuesday	Full group session at Highton Reserve			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 1/2	Rd 14 vs (Date/Time/Venue - TBC)			
August 2020					
3-9	Monday	Recovery session & Video edits @ Highton Reserve			
	Tuesday	Full group session at Highton Reserve			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 8/9	Bye/Development Weekend			
10-16	Monday	Recovery session & Video edits @ Highton Reserve			
	Tuesday	Full group session at Highton Reserve			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 15/16	Rd 15 vs (Date/Time/Venue - TBC)			
17-23	Monday	Recovery session & Video edits @ Highton Reserve			
	Tuesday	Full group session at Highton Reserve			
	Thursday	Full group session at Deakin Uni (AFL Oval)			
	SAT/SUN 22/23	"Wildcard Round" (Date/Time/Venue - TBC)			
24-30	Monday	Training session - TBC			
	Tuesday	Training session - TBC			
	Thursday	Training session - TBC			
	SAT/SUN 29/30	Elimination & Qualifying Finals (Date/Time/Venue - TBC)			

September 2020					
Dates	Trg Days	Under 18 Program	Under 16 Program	Youth Girls Academy (YGA) Program	Notes
Aug 31 - 6	Monday	Training session - TBC			
	Tuesday	Training session - TBC			
	Thursday	Training session - TBC			
	SAT/SUN 5/6	<b>Semi Finals</b> (Date/Time/Venue - TBC)			
7-13	Monday	Training session - TBC			
	Tuesday	Training session - TBC			
	Thursday	Training session - TBC			
	SAT/SUN 12/13	<b>Preliminary Finals</b> (Date/Time/Venue - TBC)			
14-20	Monday	Training session - TBC			
	Tuesday	Training session - TBC			
	Thursday	Training session - TBC			
	SAT/SUN 19/20	<b>NAB League Grand Final</b> (Date/Time/Venue - TBC)			