



**P.K.A.F.C
PREMIER CLUB**

Port Kembla A.F.C Pre-Season Training Schedule

DAY / DATE	TRAINING	WHERE
<u>FEBRUARY</u>		
TUESDAY 16th	SKILLS/LONG/PRESSURE	KULLY BAY OVAL 6:30PM
THURSDAY 18th	SKILLS/CONTESTS	KULLY BAY OVAL 6:30PM
MONDAY 22nd	SKILLS/CONTROL	KULLY BAY OVAL 6 30PM
WEDNESDAY 24th	SKILLS/PRESSURE/CONTROL	KULLY BAY OVAL 6 30PM
SATURDAY 27th	FULL GROUND GAME SITUATION	KULLY BAY OVAL 4:30-5:30PM
SUNDAY 28th	RECOVERY SESSION .9 am COMMITEE MEETING 2pm	Pt KEMBLA POOL BOTTOM CARPARK 9AM
<u>MARCH</u>		
WEDNESDAY 3 rd	SKILLS/ TRIALS	KULLY BAY OVAL 6 30PM
FRIDAY 5 TH	TEAM MEETING/TEAM RULES & PASTA TEA	BERKELY HOTEL 6PM <i>sharp</i>
<u>SATURDAY 6TH</u>	<u>1ST TRIAL vs WOLLONDILLY</u>	<u>KULLY BAY OVAL 1:30 PM SHARP</u>
SUNDAY 7 th	MASTERS TRIAL/REGO DAY	KULLY BAY OVAL 10AM
TUESDAY 9 th	GAME SITUATIONS	KULLY BAY OVAL 6 30PM
THURSDAY 11 th	GAME SITUATIONS	KULLY BAY OVAL 6 30PM
SATURDAY 13 th	CARNIVAL AT CAMPBELLTOWN	(WEEKEND OFF)
TUESDAY 16 th	GAME SITUATIONS	KULLY BAY OVAL 6 30PM
WEDNESDAY 17 th	VIDEO NIGHT/GAME PLANS	BERKELEY HOTEL 7PM
<u>SATURDAY 20th</u>	<u>2nd TRIAL VS UOW</u>	<u>JOCK BROWN OVAL 1:30 PM SHARP</u>
SUNDAY 21st	Pt KEMBLA POOL RECOVERY SESSION - COMPULSORY	Pt KEMBLA POOL BOTTOM CARPARK 9AM

If unavailable at any time YOU must call/text and let Marcus know on the
Below number

Marcus Hollingsworth
SENIOR FIRST GRADE COACH
PORT KEMBLA A.F.C
0438234354

IMPORTANT NOTES:

REMEMBER PART PAYMENT OF REGO IS DUE BEFORE ROUND 1 17TH APRIL

NOTE VARIOUS DAY/ DATE CHANGES THROUGH-OUT PRE-SEASON