



SENIORS, RESERVES, UNDER 17s/19S

2018 JOURNEY STARTS NOW – “YOU GET WHAT YOU DESERVE”

Session / Date	Time	Where
Mon 13 th NOV	6pm	Leo Dineen reserve
Wed 15 th NOV	6pm	Leo Dineen reserve
Mon 20 th NOV	6pm	Leo Dineen reserve
Wed 22 nd NOV	6pm	Leo Dineen Reserve
Mon 27 th NOV	6pm	Leo Dineen Reserve
Wed 29 th NOV	6pm	Brimbank Park
Mon 4 th DEC	6pm	Leo Dineen reserve
Wed 6 th DEC	6pm	Moonee Valley Race Course (TBA)
Mon 11 th DEC	6pm	Leo Dineen reserve
Wed 13 th DEC	6pm	Leo Dineen reserve

Contacts

Senior Coach – David Connell 0421 522 521

Senior Assistant Coach - Sherif Mohamed 0413 743 120

Strength & Conditioning - Luke Stratford 0438 816 282