

NCCC 2010/11 Pre-Season Training Schedule

August

Sun 1st	12 noon – 1:30pm	Geelong Indoor Sports (Gravel Pits Rd, Sth Geelong)
Sun 8th	12 noon – 1:30pm	Geelong Indoor Sports
Sun 15th	12 noon – 1:30pm	Geelong Indoor Sports
Sun 22nd	12 noon – 1:30pm	Geelong Indoor Sports
Sun 29th	12 noon – 1:30pm	Geelong Indoor Sports

September

Fri 3rd	6:30 – 8:00 pm	Geelong Indoor Sports
Sun 5th	12 noon – 1:30pm	Geelong Indoor Sports
Fri 10th	6:30 – 8:00 pm	Geelong Indoor Sports
Sun 12th	12 noon – 1:30pm	Geelong Indoor Sports
Fri 17th	6:30 – 8:00 pm	Geelong Indoor Sports



***Celebrating 100 Years
1910/11 ~ 2010/11***

*****At this stage, training will revert to normal Tuesday /
Thursday at Queens Park from Tuesday Sept 21st but
will be confirmed at a later stage*****

As per last season, bring runners, cricket gear and water bottle to all sessions.

Normal training attire required – NCCC training top and shorts (or track pants)

Please ensure you are at the venue and ready to start 10 minutes prior to the stated times so we can get underway on time.