



Centrals Juniors AFL Club

Phase 2.1

"GET IN" > "TRAIN" > "GET OUT"

MAIN OVAL TRAINING SCHEDULE								
Group of 20		TIME	MON	TUE	WED	THU	FRI	
		4:40pm	Players "GET IN" via Pedestrian Gate					
1st	Top End	4:50pm - 5.50pm	YG18	COLTS	YG18	COLTS		
2nd	Middle 1/3 (Wing)			U8		U8		
3rd	Carpark End		U12	U11	U12	U11		
No more than 3 groups per oval		5:45pm	SIREN - 5 minute warning - 2 x 3 second blows					
		5:50pm	SIREN - 5 second blow - Players 'GET OUT' - Facilities Cleaned					

BACK OVAL TRAINING SCHEDULE								
Group of 20		TIME	MON	TUE	WED	THU	FRI	
		4:40pm	Players "GET IN" via Vehicle Gate					
1st	Cricket Net End	4:50pm - 5.50pm	YG15	U16	YG15	U16		
2nd	Middle 1/3 (Avoid Pitch)			U10	U14	U10	U14	
3rd	Nathan St End			U9	U14	U9	U14	
No more than 3 groups per oval		5:45pm	SIREN - 5 minute warning - 2 x 3 second blows					
		5:50pm	SIREN - 5 second blow - Players 'GET OUT' - Facilities Cleaned					