



Centrals Juniors AFL Club

Phase 2.0

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

MAIN OVAL TRAINING SCHEDULE							
TIME	MON	TUE	WED	THU	FRI	SAT*	SUN*
4:40	Players "GET IN" via Pedestrian Gate						
4:50 - 5:50	Reserved for SENIOR WOMENS	COLTS x 2 Groups of 20	Reserved for SENIOR WOMENS	COLTS x 2 Groups of 20	U12 x 2 Groups of 20	U10's Red x 2 Groups of 20	U11 x 2 Groups of 20
5:45	SIREN - 5 minute warning - 2 x 3 second blows						
5:50	SIREN - 5 second blow - Players "GET OUT" - Facilities Cleaned						

BACK OVAL TRAINING SCHEDULE							
TIME	MON	TUE	WED	THU	FRI	SAT*	SUN*
4:40	Players "GET IN" via Vehicle Gate						
4:50 - 5:50	U15YG x 2 Groups of 20	U16 x 2 Groups of 20	U14 x 2 Groups of 20	U16 x 2 Groups of 20	U14 x 2 Groups of 20	U10's Blue x 2 Groups of 20	U8 Red, U8 Blue & U9 x 1 Group Each
5:45	SIREN - 5 minute warning - 2 x 3 second blows						
5:50	SIREN - 5 second blow - Players "GET OUT" - Facilities Cleaned						

* SAT/SUN Session Times 10am-11am or as determined by Coaches and Team Managers. These teams will be integrated into Weekday sessions in Phase 2.1