

## HOLIDAY PRACTISE SCHEDULE FOR 1<sup>st</sup> GIRLS HOCKEY TEAM

Date	Time	Venue	Session	Comments
Monday 12 Dec	08h45 – 12h00	Astro	Board talk, drills, basic skills	Hockey kit
Wednesday 14 Dec	07h45 - 10h00	Bollard Bay	Rounders, life saving drills, soccer	Beach towels, shorts etc
Friday 16 Dec	07h45 - 10h00	Brenton Beach	Stretching Exercise, rounders, dune sprints	Beach towels, shorts etc
Monday 19 Dec	13h45 - 17h00	Astro	Full practise	Hockey Kit
<b>CHRISTMAS FAMILY TIME</b>				
Wednesday 04 Jan	TBC	Gym	Spinning session	Cycling comfort
Thursday 05 Jan	08h45 - 12h00	Astro	Full practise	Hockey Kit
Friday 06 Jan	09h00 – 11h00	Loerie Park	Fitness drills	Running shoes
Monday 09 Jan	TBC	Gym	Spinning session	Cycling comfort
Wednesday 11 Jan	13h45 - 17h00	Astro	Full practise	Hockey Kit
Friday 13 Jan	15h00 - 17h00	Loerie Park	Fitness drills	Running shoes
<b>SCHOOL TRAINING STARTS</b>				