



SUBIACO FLOREAT CRICKET CLUB

Our pre-season training will commence on **Saturday August 3** - refer schedule for the month.

Nets begin **Thursday August 15** and will continue each Thursday until notified.

I'm pleased to inform everyone, David Lane will be running our fitness program. All players are expected to give their full commitment in our pre-season preparation and throughout the year.

Gavin Swan and Liam Davis have again committed to coaching roles this season with the help of Gianni Di Rosso – DOS (Chairman of Selectors) and Larry Davies (Net Guru).

I'm looking forward to an exciting and successful season.

See you Saturday Aug 3!

Cheers
Wayne Clark
M 0447 023 978

DATE	TIME	WHERE	WHAT
SATURDAY Aug 3	0900	McLean Park	Fitness
TUESDAY Aug 6	1800-1900	Revo Gym	Strength & Conditioning
THURSDAY Aug 8	1800-1900	Revo Gym	Strength & Conditioning
SATURDAY Aug 10	0900	McLean Park	Fitness
TUESDAY Aug 13	1800-1900	Revo Gym	Strength & Conditioning
THURSDAY Aug 15	1700-1900	Revo	Net Session
SATURDAY Aug 17	0900	McLean Park	Fitness
TUESDAY Aug 20	1800-1900	Revo Gym	Strength & Conditioning
THURSDAY Aug 22	1700-1900	Revo	Net Session
SATURDAY Aug 24	0900	McLean Park	Fitness
TUESDAY Aug 27	0800-1900	Revo Gym	Strength & Conditioning
THURSDAY Aug 29	1700-1900	Revo	Net Session
SATURDAY Aug 31	0900	McLean Park	Fitness