



HAWKS 2018 TRAINING PLAN

FIELD LOCATION - WHITES HILL RESERVE

FIELD LOCATION - WHITES HILL COLLEGE

TEAM	MON	TUES	WED	THU	FRI	SAT
CITY MEN 3.6.7 Michael Jordan**Lock Ups Wednesday WHC			7.30-9pm			
CITY WOMEN 4 Richar Lemon**Lock Ups Tue/Thur WHC		7.30-9pm		7.30-9pm		
BWPL WOMEN Malcolm Allen**Lock Ups Mon/Wed WHR	7.30-9pm		7.30-9pm			
BWPL WOMEN RESERVES	7.30-9pm		7.30-9pm			
OVER 35s MEN - DIV 1,4,6 Gary Weir**Lock Ups Mon WHC	7.30-9pm					
QPL MEN Fernando Garcia**Lock Ups Tue/Thur WHR	7.30-9pm	7.30-9pm		7.30-9pm		
ALDI MINIROOS						8.15am
U6 BOYS	4.30-5.15pm					
U6/7 GIRLS	5.15-6pm					
U7 BOYS		4.30-5.15pm				
U8 BOYS			5-6pm			
U8/9 GIRLS	5.15-6.15pm					
U9 BOYS				5-6pm		
U9 KOMODO BOYS	4.45-5.45pm		4.45-5.45pm			
U9 SAP BOYS	4.45-5.45pm		4.45-5.45pm		4.45-5.45pm	
U10 BOYS		5.15-6.15pm				
U10 GIRLS	5.15-6.15pm					
U10 KOMODO BOYS	4.45-5.45pm		4.45-5.45pm			
U10 SAP BOYS	4.45-5.45pm		4.45-5.45pm		4.45-5.45pm	
U11 BOYS		6.15-7.15pm				
U11 GIRLS	5.15-6.15pm					
U11 KOMODO BOYS	6-7pm		6-7pm			
U11 GOANNA (Josh DeGroot)	6-7pm		6-7pm			
U11 SAP BOYS	6-7pm		6-7pm		4.45-5.45pm	
U12 BOYS				6-7.15pm		
U12 KOMODO BOYS	6-7pm		6-7pm			
U12 GOANNA (Development T. Adams)	6-7pm		6-7pm			
U12 SAP BOYS	6-7pm		6-7pm		4.45-5.45pm	
U13 DIV 1 BOYS		5-6:15pm		5-6:15pm		
U13 DIV 1 GIRLS	6.15-7.30pm		6.15-7.30pm			
U13 QPL BOYS		6.30-7.45pm		6.30-7.45pm	5-6.15pm	
U14 DIV 2 BOYS		5-6.15pm		5-6.15pm		
U14 QPL BOYS		5-6.15pm		5-6.15pm	5-6.15pm	
U15 DIV 1 GIRLS	6.15-7.30pm		6.15-7.30pm			
U15 DIV 3 BOYS		6.15-7.30pm		6.15-7.30pm		
U15 QPL BOYS		6.30-7.45pm		6.30-7.45pm	6.30-7.45pm	
U16 DIV 2 BOYS		5-6.15pm		5-6.15pm		
U16 QPL BOYS		6.30-7.45pm		6.30-7.45pm	6.30-7.45pm	
U18 QPL MEN *Gerry MacAvoy * Lock Up Friday WHC		7.30-9pm		7.30-9pm	7.45-9pm	
U20 QPL MEN		7.45-9pm		7.45-9pm	7.45-9pm	
GOALKEEPER TRAINING - SAP & KOMODO				5-6pm		
GOALKEEPER TRAINING - U13 TO U16s				6-7pm		
GOALKEEPER TRAINING - SENIORS				7-8pm		