## PRE-SEASON TRAINING

## 30TH JANUARY 2019

WHEN

Monday's & Wednesday's 6pm

## WHERE

Tony Dodemaide Oval Farnsworth Ave ( Opposite Parkside )

**CONTACT:** 

**Chris Muratore 0423 003 603** 



PLAYERS
WILL NEED:
RUNNERS,
TOWELS &
PERSONAL
WATER BOTTLE

NO BOOTS