



Pre-season Sunday training February-March 2020



Freshen up your skills for the bush season with some targeted practice on late summer Sundays!

Focus: Exercises to hone specific skills. Progressing from park to bush.

Time: Briefing at 5 pm. All done about an hour later.

Program:

Date	Location	Terrain
16 th February	Dixon Park, Ocean St, Merewether	Street/Park
23 rd February	Griffith Park near the ferry wharf, Mitchell St, Stockton	Park
1 st March	Croudace Bay Tennis Courts, off Parklea Ave, Croudace Bay	Park
8 th March	<i>Melbourne Sprint Weekend & NSW Women's Training Weekend – no training</i>	
15 th March	Top of the grassy slope, cnr The Terrace & York Dr, King Edward Park	Park
22 nd March	Blue Gum Hills Regional Park, Blue Gum Hills Rd, Minmi	Park/Bush

Finale: Teams' race at Newcastle Minor Event, 29th March. Mass start, 10 am.

Equipment: Running/orienteering gear. Please bring a compass and a pen/pencil.

Difficulty: Speed and concentration challenges for all abilities.

Cost: Gold coin donation to cover map printing costs. Normal event fees at Finale.

Organiser: Steve Craig, 0447 166 281, stevecraig.oz69@gmail.com

