

Pre-Season Training (Monday 12 th Feb – Thursday 22 nd March)					
<i>Week Starting</i>	<i>Monday Hanmer</i>	<i>Tuesday MacKillop</i>	<i>Wednesday Hanmer</i>	<i>Thursday MacKillop</i>	<i>Weekend</i>
12 March	Labour Day No Training	Training Make up beep test or 1km time trials	Training followed by a coaching session for Saturday field umpires – 3 umpire system (7-8pm) Make up beep test or 1km time trials	Training Make up beep test or 1km time trails	Practice Matches
19 March	Monday Academies Commence Training Emmanuel (3.30-4.30pm) MacKillop (4.00 – 5.00pm) Altona Beach Run 4km 6pm start Hanmer goal umpires only training	3 umpire Saturday field umpires skill session 6pm start ONLY at MacKillop No boundary or goal umpire training	Training followed by a coaching session for goal umpires Seddon Academy (5-6pm)	Altona 100 Steps 6 pm start No training at MacKillop	Practice Matches
In-Season Training (Monday 26 th March – Thursday 20 th September)					
<i>Week Starting</i>	<i>Monday Academy (only)</i>	<i>Tuesday Hanmer</i>	<i>Wednesday MacKillop</i>	<i>Thursday Hanmer</i>	<i>Weekend</i>
26 March	Academy As last week	Training	Training	Skills/Training	Easter
2 April <i>School Holidays</i>	Easter Monday No Academy School Holidays	Training	No Training	No Training Coaching session for ALL umpires 6pm-8pm <i>Admin and Tribunal</i>	Practice Matches
9 April <i>School Holidays</i>	No Academy School Holidays	Training	No Training	Skills/Training followed by a coaching session for ALL Sat/Senior umpires <i>Season Launch</i>	Seniors (Sat) Round 1
16 April	Academy <i>Recovery Hanmer</i>	Training	Training	Coaching followed by a coaching session for ALL junior field umpires <i>Junior Admin</i>	Juniors (Sun) Round 1
23 April		Training	ANZAC DAY No training	Training/skills	