

Gungahlin Jets Pre-season training schedule 2008

Date	Day	Session	Venue	Time	Comments
12 February	Tuesday	Skills & fitness	KZO	6:30 pm	
14 February	Thursday	Skills & fitness	KZO	6:30 pm	
16-17 February	Sat/Sun	Pre-season camp	Tuross Caravan park	7am Shell servo	Leave early Sat, back Sunday after lunch
19 February	Tuesday	Session with Juniors	Gungahlin area	6:00 pm	Meet at KZO for letter box runs with juniors
21 February	Thursday	Skills & fitness	KZO	6:30 pm	
23 February	Saturday	Run	KZO area	TBC	Optional - Meet at KZO
26 February	Tuesday	Skills & fitness	KZO	6:30 pm	
28 February	Thursday	Intraclub match	KZO	6:00 pm	Note earlier start time
1 March	Saturday	Run	Black Mountain	TBC	Optional - meet at dirt car park at bottom
4 March	Tuesday	Skills & fitness	KZO	6:30 pm	
6 March	Thursday	Skills & fitness	KZO	6:30 pm	
8 March	Saturday	Practice match	Ainslie Oval	12:00 pm	
11 March	Tuesday	Skills & fitness	KZO	6:30 pm	
13 March	Thursday	Skills & fitness	KZO	6:30 pm	
15 March	Saturday	Practice match	Wollongong	1 pm	Depart from Shell servo at 8am. More details to follow
18 March	Tuesday	Skills & fitness	Burgmann College	6:30 pm	Note different venue
20 March	Thursday	Skills & fitness	Burgmann College	6:30 pm	Note different venue
25 March	Tuesday	Fitness	Meet Old Canberra Inn car park	6:30 pm	Jumper Presentation - 7:30 pm start following a short session
27 March	Thursday	Skills & fitness	AIS	6:30 pm	Note different venue
1 April	Tuesday	Training	KZO	6:30 pm	
3 April	Thursday	Training	KZO	6:30 pm	
6 April	Sunday	Round 1	Kambah / Harman	2:15pm /12:00pm	TBC - Draw being finalised

- Players to bring JETS singlet, runners and boots to all sessions at KZO
- Friday/Saturday sessions optional – start times to be determined by the player group
- Training sessions start at the indicated times – arrive earlier to be ready to go
- Can't make it - call Spanner 0419441112; Scoee 0408471741; Rowdy 0417266727