

## Training programme - Moonee Valley Netball Club

Compulsory for Tuesday night players.  
Anyone else who would like to do this fitness is very welcome.

***\$10 per head per session***

Sunday December 11 <sup>th</sup>	8.30am	Assessment Test Essendon Canoe Club, Fairbairn Park Woods Street, Ascot Vale
Sunday January 15 <sup>th</sup>	8.30am	Williamstown Life Saving Club Cnr Victoria & The Esplanade Williamstown (Bring bathers & towel)
Sunday January 22 <sup>nd</sup>	8.30am	Fairbairn Park Woods Street, Ascot Vale

## **Senior Training 2012**

All senior teams (Monday & Tuesday Night players) are required to attend the following training session:

**Date:** Wednesday 25<sup>th</sup> January 2012  
**Where:** Bowes Ave, Airport West  
**Time:** 6.30pm – 8.30pm

Regular training times starting at the following date:

**Date:** Sunday 29th January 2012  
**Where:** Whitten Oval, Footscray  
**Time:** **10.15am – 12.00pm - (all senior teams)**

Bring money (\$3) for Barry as he will be in attendance (Not 15/U)

## **15/U & 17/U Training 2012**

**Date:** Sunday 29th January 2012  
**Where:** Whitten Oval, Footscray  
**Time:** 9am – 10.15am

**Note:** Only attend the above training as 17/U if you do not play in a night team.

## **Junior Training 2012**

**Please note all junior training for 2012 is at Bowes Ave, Airport West.**

The following dates are for training at the above venue:

All Monday sessions – Netta & 11/U 4pm – 5pm

All Saturday sessions – Netta & 11/U 9am -10am

All Monday sessions – 13/U – 5pm-6pm

All Saturday sessions – 13/U 10am-11am

Saturday 4/2/12

Monday 6/2/12

Saturday 11/2/12

Monday 13/2/12

Saturday 18/2/12

From Monday 20th February 2012 training will only be on Monday.

Competition starts 25<sup>th</sup> February 2012.

**NOTE: If you do not attend training for the first 2 weeks without contacting one of the coaches, then your position will be filled.**

## Tuesday Night

<b>Div 3</b>	<b>Div 4</b>
Erin Lamont	Tatyana Procak
Carly Harrison	Tegan Le lay
Jayde Peters	Jenna Houston
Bethany Wragg	Ashlee Bray
Emily Turner	Meika Le Lay
Nicole Isles	Peta Gleeson
Lee Grogan	Stephanie Attard
Christina Rinaldi	Karli McIntosh-Webb
Ashleigh May	Rebecca Atherton
Carlee Toniolo	Abby Mills

<b>Div 5</b>	<b>Div 6</b>
Courtney Annett	Michelle Dowal
Lindy Singleton	Kristy Carroll
AnneMaree McKernan	Stephanie Rinaldi
Rachel Plunkett	Lisa Bullen
Laura Miziewicz	Nicole Bullen
Madeline Outhred	Liana Demarte
Natalie Bond	Harriet Johnson
Stefanie Bond	Aisling Cahir
Julianne hancock	Crystal Li
Rebecca Bath	Rhiannon Scully

## Monday Night

A3 Grade	A4 Grade	A5 Grade
Kim Collard	Gab Martello	Jacinta Hatzis
Kerrie Gordon	Michelle Marcola	Hayley Russ
Laura Coshan	Celeste Graham	Jaki Williams
Marie-Louise Ruberto	Amy McConnell	Jessica Mew
Helen Janssen	Cara Hartney	Natalie Menotti
Jodie Toniolo	Erin Carroll	Madeline Macriyiannis
Gail Turner	Jordan Di Stefano	Claire Hutton
Melinda Hall	Giulia Martello	Tori Oakman
Vicky Mullins		Bianca Mobilio
Emma Langoulant		

A5 Grade	C5 Grade
Isabelle Twist	Claudia Cosoleto
Gabrielle Ciampa	Ashtyn Gloury
Georgia Martin	Sarah Kirwan
Stephanie Agresta	Danielle Marcato
Tegan Howarth	Meg O'Callaghan
Bronwyn Pearce	Jacinta Pedis
Lily Donaldson	Molly Ratcliffe
Jessie Webster	Courtney Thomas
Julia Messina	Tara Cosoleto

## Thursday Night

15/U
Gabrielle Bese
Emma Davis
Chloe Heywood
Myah McIntosh-Webb
Maddison Martin
Brooke Newman
Annie Oreo
Zoe Puskaric
Alex Kitty
Natalie Walsh