

NWCC Fitness Program 2009

This season I am introducing an OPTIONAL fitness program for NWCC members to be organised by myself in accordance with the schedule below. Please let me know ASAP (via email / sms / phone call) who is interested in participating so I can add you to an emailing list providing updates, post-ponements, etc.

NOTE: All sessions will be one hour maximum. Participants may choose which sessions they wish to attend.

Fitness is a critical factor of being a successful cricketer. It helps with speed, agility, endurance, concentration & strength. Generally, these benefits will give us many more advantages over opposing clubs. I urge you to make an effort for your team, and yourselves, and attend as many sessions as possible. I have tried to add as much variety as possible to keep things interesting & balanced.

Week Starting:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 October	X	Long W/E	A		X		R1 & R1
11 October	X	B	X		B		R2 & R2
18 October	A	X	C		X		R2 & R3
25 October	X	F	X		B		R3 & R4
1 November	Country Cup	X	C		B		R3 & R5
8 November	A	X	C		X		R4 & R6
15 November	X	F	X		B		R4 & R7
22 November	X	B	X		X		R5 & R8
29 November	X	X	A		B		R5 & R9
6 December	R5 (1s & 2s)	X	C		B		R6 & R10
13 December	X	X	C		B		R6 & R11
20 December	X	X	X	X	X	Christmas	Boxing Day
27 December	P/H	X	X		X		

All Sessions will commence at 6pm SHARP

Legend:

 = Round Games

 = Club Training

A = Jog (as group) - Adcock Park No 1

B = Beach work (long distance jog, short sprints, core strength, swim) - Wamberal SLSC

C = Circuit (Various exercises) - Alan Davidson Park

F = Fielding fitness - incorporates fielding drills - Gavenlock Oval

X = No Session

Hope to see you all there!

Mark Smith

Club Captain

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