

Marist Hockey **Club pre season training**

PRESEASON FITNESS TRAINING

All Marist Senior club players are invited to pre-season fitness training. Men and Women (year 9 and above)

Fitness sessions begin on Tuesday 20th January from 6pm-7pm on the grass outside the turf at St Bedes. TBA

These sessions will run every Tuesday and Thursday from the 20th January until Thursday 19th February TBA

On Thursday 19th February the Yo-Yo fitness test will be run. The expected standard of fitness for intending Prem /Div 1 players is 17 **All players intending to trial for the prem women's side need to complete the Yoyo on or prior to this date to be considered for selection. Exceptions to this will include any out of town players who are new to the region if they have not arrived in Christchurch at this point.**

PRE SEASON SKILL SESSIONS

Sunday February 1st

5.30-6.30 Women's Prem/Div 1 trial training squad. All of 2014 Div1 and Div 2 players who are intending to trial for Prems/Div 1 teams are strongly encouraged to attend this session

6.30-7.30 Men's Div 1 and Div 2 players pre season skills training.

Prem Men possibly playing in Timaru

Sunday February 8th

3.30-4.30 Div 4 Open Women's players/U18 players. All new year 9 players and returning year 10 players are invited to this skills session. Under 18 play on Friday night from 4pm through to 8.30pm. Or on Saturday afternoon. Youth do not play the middle weekends of the school holidays

Open Womens Div 4 teams play on Sunday morning early 8.45 to 10.30am. Open Women's teams play in the school holidays. The only weekends off during the season are Easter and Queens Birthday. Please take this into consideration when deciding where you want to play.

4.30-5.30 Div 3/Div 2 players. For players intending to trial for Div 2 and Div 3 Womens teams

5.30-6.30 Women's Prem/ Div 1 trial training squad. All of 2014 Div1 and Div 2 players who are intending to trial for Prem/Div 1 teams are strongly encouraged to attend this session

6.30-7.30 Men's Prem/ Div 1 and Div 2 players pre-season skills training.

Sunday February 15th

3.30-4.30 Div 4/Under 18 team players. Skills training

4.30-5.30 Div 3/Div 2 players Skills training

5.30-6.30 Women's Prem/Div 1 trial training squad.

6.30-7.30 Men's Prem/Div 1 and Div 2 players pre season skills training.

Sunday February 22nd

4pm-5.00 Skills training for all senior women's players who are **NOT** trialling for Prem/DIV 1 teams in the next session.

5pm to 6.30pm **Womens Prem /Div 1 trials.**

Every player needs to be registered on the Marist Hockey website TRIAL EVENT REGISTRATION by **Friday 20th** February **BEFORE** the trials begin. If you are not registered for 2015 You **CANNOT** trial. This event registration will be open on the 1st February 2014

www.maristhockey.co.nz Go to login to register or update your details.

6.30pm to 7.30pm **Mens Prem/ Div 1 Trials.**

Premier women/Div 1 TEAMS NAMED Tuesday 24th February

Sunday March 1

3.30-4.30 **Womens Div 2/3 Trials . These are OPEN trials. Anyone can trial for these teams.**

Please register on the website and/or update your details before the trials

4.30-5.30 **Men Div 2 Div 3 trials**

5.30-6.30 Women's Prem/Div 1 training squad.

6.30-7.30 Men's Prem/Div 1 training squad . (potential 2nd trial)

Sunday March 8th

10-1pm Premier mens and womens pre season games TBA subject to turf and team availability

3.30 to 4.30 under 18/ Div 4 Trials and team selection

4.30 to 5.30 Div 3 and Div 2 training Men and Women

5.30 to 6.30 Womens Prem/Div 1 training

6.30 to 7.30 Mens Prem/Div 1 training

Saturday March 14th/Sunday 15th March

Premier Mens and Womens pre season game TBA subject to turf availability and time

Sunday March 15th

3.30 to 4.30 Under 18/ Div 4 training

4.30 to 5.30 Mens and Womens Div 3 and Div 2 training

5.30 to 6.30 Womens Prem/Div 1 training

6.30 to 7.30 Mens Prme/div 1 training

Premier Mens team named before Friday 20 March

Saturday 21 March/Sunday 22nd March South Island Super 6 at Nunweek will involve Men and Womens Prem/Div 1 players

Sunday March 22nd

3.30 to 4.30 Under 18/ Div 4 training

4.30 to 5.30 Div 3 and Div 2 training

5.30-6.30 Div 1 Training Men and Women TBA