



Footscray Hockey Club Inc.  
Founded 1934

## **A MESSAGE FROM HEAD COACH LUKE MICHAEL**

Welcome to a new season of Hockey in 2012! I am very much looking forward to coaching Footscray's Women's Division for the second year and am very confident in the coaching panel that has assembled thus far: Trudy Hairs (PB), Ryan Tout (PD), Lynda Thomas (M2N). I believe the club is still actively securing coaches for the rest of the teams.

Key areas I will be focusing on are (1) improvement of fitness, (2) the technique of all skills and (3) ball movement, set plays and structure. I'll provide varied, interesting training drills which will keep players moving and fit. The pre-season fitness program will make us the fittest teams in our grades - everyone is welcome to attend. Corner skills and set pieces are very important and are going to be practiced and executed to perfection. If we all have the correct attitude and intensity then the results will come our way.

A key to becoming a strong club is to make sure that all of our teams are improving and getting to the highest grades possible. This was proven in 2011 with the top 4 sides gaining promotion. Next year will be a challenge for those teams to hold these grades. It does however, give great opportunity for our Metro 2 teams to gain promotion to Metro 1 and have more movement in these grades.

As a Women's Division, we want the broader hockey community to always see Footscray as a united front and a happy club. Wear your club uniform with pride; turn up to all club games with the correct FHC colours. Support your team mates at all times and support other Footscray teams as much as you can. Support the club socially. This helps with the retention of our home grown players and the recruitment of others to our club.

Attached is the Christmas / New Year Running Program. You are encouraged to carry out this prior to official "Pre-Season", which will start on 5<sup>th</sup> January.

Looking forward to the journey. We have the chance to make history for our club in 2012.

**Luke Michael**  
**Head Coach**  
**Footscray Hockey Club**  
**0419378078**  
**lukemichael35@gmail.com**

# LADIES PRE-SEASON PROGRAM 2012 INFORMATION

## CHRISTMAS / NEW YEAR RUNNING PROGRAM

It is expected that you start your own personal running and fitness training in conjunction with any summer sports or hockey you are playing prior to the 5th of January if you are wishing to play in the top 4 sides.

The Christmas / New Year running program will be highly advantageous to you when the Jan/Feb pre-season group program begins. Pre-season training will begin on the 5/1/2011. To ensure we are competitive in the top 4 grades after the top 4 sides gained promotion, we need to lift the expectation of everyone. Your commitment and dedication will not only benefit you but also your teammates.

Key things to remember before any physical activity,

- Warm up stretches – Not just standing around stretching muscles, move around, and light warm up running to get muscles ready for high impact activity.
- Hydration – Make sure to take in fluids, you can always weigh yourself before and after to see how much fluid loss you have and how much water to get back into system.
- Recovery – Give yourself time before sprints to recover correctly. This is an honest process.
- Warm down – Very important, after a game / solid training session take a few minutes to get some water (and fruit) back into your system to replace fluid loss.

Gold Medal winning Olympic coaches endorse that warm up, recovery and warm down are just as important as playing the game.

Our pre-season focus will be to increase sprinting speed and endurance. Repeat efforts of 100% ability will be required. This will prepare you for our game strategy of quick interchanges to maximize all players' ability.

### **Every second day over the December Period:**

- Time trial over 3 or 5 km course. (Alternate distance every week)
- Sprint training either: (Alternate sprint distance each week)
  - 20 yard sprint. Walk back for recovery X5
  - 40 yard sprint. Walk back for recovery X5

Note: Check pulse rate to make sure your heart rate is high so you know you are accomplishing a decent training pace.

- 4X 100 yard sprints. 30 second recovery between runs. Record time between each 100 and work out drop off time, ie - first 100 you run in 15 seconds, second 100 you run in 20. You have a 5 second drop off. Try and reduce drop time. This equates to quick sprints on pitch at maximum speed.

# LADIES PRE-SEASON PROGRAM 2012 INFORMATION CONT...

## PRE-SEASON PROGRAM JAN & FEB

Every FHC member is invited to any of the 20 Pre-Season Sessions. Attendance at these sessions will form part of the selection of the State League/Pennant Training Squads (Tue & Thu nights) and the Metro Training Squads (Thu nights only) commencing in March. It is expected that if you wish to play in the top 4 sides (especially State League 1), attendance at every training session is a must (it is understandable that members/families may have booked and locked in holidays during January – this is fine however it is expected you continue the December running program while on your holidays – please contact Luke Michael to advise the dates you will be away so it can be noted in our attendance records)

### Time Trials

A time trail will be conducted at nearly every session. Competing against yourself, a set distance will be timed and the aim is to better yourself at every attempt. There will be a shorter distance option for Metro players to choose if they wish. Top 4 sides are expected to complete the full distance set.

### Sprint Work

Hockey is all about short bursts of sprinting!

### Stretching & Core Strength

Extremely important exercises and techniques will be taught to improve flexibility and all those hockey muscles!

### Beach Work

Nothing like running in the sand, beautiful views and a relaxing way to end the session with a knee high walk in the water.

### Special Events – 1000 steps & Fun Run

These 2 Sunday events provide some variety and a massive challenge to participants. Exactly the kind of challenge we will face this coming season! Open for all members.

### Skills Training

All of our coaches will be involved with skills training using a wide variety of drills and techniques.

### Corner School

All of our coaches will be involved with corner school – last half hour of Saturday training at FHC.

## STATE LEAGUE 1 SQUAD SPECIALIST PROGRAMS

The following Specialist coaches have been arranged to conduct sessions within the Jan & Feb program with a selected State League 1 Squad (up to 20 players). Luke Michael will advise the selected group at training.

### GROUP FITNESS TRAINER

Rachel Doody FHC Member, Personal Trainer & former South Australian State Player will be preparing and monitoring a program as our Ladies "Group Fitness Trainer". She will run the 1000 steps session. Focussing on

### Weights and Core Strength, Boxercise, Resistance & Endurance Training

### SUPER SKILLS SESSIONS will be conducted by

Leah Merrett and Megan Berriman, Victorian Vipers players and new recruits to FHC. Travis Brooks, Olympic Gold Medallist and FHC's Men's Head coach.

### RUNNING TECHNIQUE specialist coach will work on running technique T.B.A

### Pre – Season Camp

A weekend away "Boot Style" camp at Coastal Forrest Lodge (10th, 11th & 12th Feb) a fabulously enjoyable 2 nights away from Melbourne to train with your team mates.

# LADIES PRE-SEASON PROGRAM 2012 INFORMATION CONT...

## PRE-SEASON TRAINING SCHEDULE

SESSION	DATE	WHERE	TIME
SESSION 1	Thursday 5 <sup>th</sup> January	at Aberfeldie Park	7.00pm - 8.30pm
SESSION 2	Saturday 7 <sup>th</sup> January	at FHC	2.00pm - 4.00pm
SESSION 3	Tuesday 10 <sup>th</sup> January	at Williamstown Beach	7.00pm - 8.30pm
SESSION 4	Thursday 12 <sup>th</sup> January	at Aberfeldie Park	7.00pm - 8.30pm
SESSION 5	Saturday 14 <sup>th</sup> January	at FHC	2.00pm - 4.00pm
SESSION 6	Tuesday 17 <sup>th</sup> January	at FHC	7.00pm - 8.30pm
SESSION 7	Thursday 19 <sup>th</sup> January	At Aberfeldie Park	7.00pm - 8.30pm
SESSION 8	Sunday 22 <sup>nd</sup> January	1000 Steps Ferntree Gully	9.00am - 11.30am
SESSION 9	Tuesday 24 <sup>th</sup> January	at Williamstown Beach	7.00pm - 8.30pm
<i>Public Holiday Thursday 26<sup>th</sup> January</i>			
SESSION 10	Saturday 28 <sup>th</sup> January	at FHC	2.00pm - 4.00pm
SESSION 11	Tuesday 31 <sup>st</sup> January	at FHC	7.00pm - 8.30pm
<i>Thursday 2<sup>nd</sup> February SUMMERY Hockey ROUND 8</i>			
SESSION 12	Saturday 4 <sup>th</sup> February	at FHC	2.00pm - 4.00pm
SESSION 13	Sunday 5 <sup>th</sup> February	Brazilian Butterfly Queen of the Lake Fun Run 2012 10km	@ Albert Park Lake
SESSION 14	Tuesday 7 <sup>th</sup> February	at Williamstown Beach	7.00pm - 8.30pm
<i>Thursday 9<sup>th</sup> February SUMMERY Hockey ROUND 9</i>			
<b>Pre-Season Camp – Coastal Forrest Lodge - Anglesea</b>			
All players from 2011 top 4 sides are invited to attend. Any players wishing to play State League/Pennant or any 2011 Metro member wishing to attend please contact Nicole.			
The facility sleeps up to 80 so plenty of room!			
<b>Friday 10<sup>th</sup> / Saturday 11<sup>th</sup> / Sunday 12<sup>h</sup> February</b>			
SESSION 15	Tuesday 14 <sup>th</sup> February	at FHC	7.00pm - 8.30pm
<i>Thursday 16<sup>th</sup> February SUMMER Hockey ROUND 10</i>			
SESSION 16	Saturday 18 <sup>th</sup> February	at FHC	2.00pm - 4.00pm
SESSION 17	Tuesday 21 <sup>st</sup> February	at Williamstown Beach	7.00pm - 8.30pm
<i>Thursday 23<sup>rd</sup> February SUMMER Hockey Semi Finals</i>			
SESSION 18	Saturday 25 <sup>th</sup> February	at FHC	2.00pm - 4.00pm
SESSION 19	Tuesday 28 <sup>th</sup> February	at FHC	7.00pm - 8.30pm
<i>Thursday 1<sup>st</sup> March SUMMER Hockey Grand Finals</i>			

**FHC Footscray Hockey Club  
Aberfeldie Park**

**MEL: 41 - G10  
MEL: 28 - C5**

Please bring running gear & hockey gear  
Meet on oval closest to first roundabout on Boulevard Drive. Please bring running gear  
Please meet at the Esplanade Carpark near Gloucester Reserve. Please bring running gear & towel (we will not be swimming, however may run up to knee length in water)

**Williamstown Beach**

**MEL: 56 - A11:**

**1000 Steps Ferntree Gully**

**MEL: 74 - J1**

Meet at One Tree Hill Picnic Area Car Park, which is at the top of the stairs. Bring a small backpack (suitable for running) for water, snacks (fruit, muesli bar type food) + something substantial for afterwards - sandwich, wrap or similar (this lunch can be left in the car)

**Brazilian Butterfly Queen of the Lake Fun Run**

Albert Park 830am-11am Entry Fee (FHC will put in a group Early bird booking – FHC members will need to submit entry money to Nicole by Jan 25th if you wish to participate. SL squad compulsory!)

Adults \$33, U/15 \$19 & concession \$28.

# LADIES PRE-SEASON PROGRAM 2012 INFORMATION CONT... REGULAR SEASON TRAINING WILL COMMENCE EVERY TUESDAY AND THURSDAY FROM....

Tuesday 6th March & Thursday 8th March right up until round 1 (April 14<sup>th</sup> & 15<sup>th</sup>) and for the remainder of the season.

**Note: Thursday 5<sup>th</sup> April - Easter Thursday - there will be no training**

## State League 1, Pennant B, Pennant C, Pennant D

Tuesday 6.30pm – 8.30pm (be there 6.30 sharp ready to warm up) at FHC  
Thursday 7.30pm – 9.30pm (be there 7.30 sharp ready to warm up) at FHC

## Metro 2, 3 and 4

Thursday 7.30pm - 9.00pm (be there 7.30 sharp ready to warm up) at FHC

## PRACTICE MATCHES

Bring FHC uniform (dark and light t-shirt & socks). Squads and Teams will be E-mailed the Tuesday before each prac match, it is advisable to pencil these dates and times into your diary NOW!

WHAT	WHO	DATE	TIME	WHERE
<b>Prac Match 1</b>	All Senior Ladies	SAT 3 <sup>rd</sup> March OR SUN 4 <sup>th</sup> March	T.B.A	AWAY VENUE
<b>SAT 10<sup>th</sup> SUN 11<sup>th</sup> MON 12<sup>th</sup> LABOUR DAY WEEKEND</b>				
<b>Prac Match 2</b>	All Senior Ladies	SAT 17 <sup>th</sup> March	12.30pm – 5.00pm	F1 & F2 (FHC)
<b>SL2 LADIES TOURNAMENT</b>	State League 1 Squad	SAT 24 <sup>th</sup> March SUN 25 <sup>th</sup> March	9.00am - 6.00pm	AT FHC
<b>Prac Match 3</b>	All Pennant & Metro Teams	SAT 24 <sup>th</sup> March SUN 25 <sup>th</sup> March	T.B.A	AWAY VENUE
<b>Prac Match 4</b>	All Senior Ladies	SAT 31 <sup>st</sup> March	3.30pm – 8.00pm	F1 & F2 (FHC)

## ROUND 1

14<sup>th</sup> & 15<sup>th</sup> April

### APOLOGIES

Apologies for non attendance at any meeting, training or practice match to go to Luke Michael 0419378078 (with your name in the sms – no name will mean it is not recorded – Luke may not have your number saved!!!!) lukemichael35@gmail.com Apologies noted and attendance records are checked at the selection table.

## COACHES CONTACT DETAILS

<b>State League 2</b>	Luke Michael	0419378078	lukemichael35@gmail.com
<b>Pennant B</b>	Trudy Hairs	0449096017	trudy.hairs@gmail.com
<b>Pennant C</b>	Ryan Tout	0412112972	ryant28@live.com
<b>Pennant D</b>	T.B.A		
<b>Metro 2 North</b>	Lynda Thomas	0405449270	thomashopkinsfam@iprimus.com.au
<b>Metro 2 South</b>	T.B.A		
<b>Metro 3 North</b>	T.B.A		
<b>Metro 3 South</b>	T.B.A		
<b>Metro 4 North</b>	T.B.A		