

# August

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p><b>Kingsway 5pm</b> All seniors and u17 to attend fitness session followed by sausage sizzle and information evening</p>	2	<p>3</p> <p><b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -Batting One-Day skills 5:45-9pm -Bowling Coaches Program 5:45-8pm</p>	4	5	<p>6</p> <p><b>Kingsway 9-11am</b> -All Players Skills work -Leadership Group Planning Session</p>
7	<p>8</p> <p><b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -Batting One-Day skills 5:45-9pm -Bowling Coaches Program 5:45-8pm</p>	9	<p>10</p> <p><b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -Batting One-Day skills 5:45-9pm -Bowling Coaches Program 5:45-8pm</p>	11	12	<p>13</p> <p><b>Kingsway 9-11am</b> All Players Fielding+Fitness+Skills work 2Km Time Trials</p> <p><b>Shed Open 10am-12pm</b></p>
14	<p>15</p> <p><b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -Batting One-Day skills 5:45-9pm -Bowling Coaches Program 5:45-8pm</p>	16	<p>17</p> <p><b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -Batting One-Day skills 5:45-9pm -Bowling Coaches Program 5:45-8pm</p>	18	19	<p>20</p> <p><b>Kingsway 9-11am</b> All Players – Two Groups Fielding + One-day Planning</p> <p><b>Shed Open 10am-12pm</b></p>
21	<p>22</p> <p><b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -Batting One-Day skills 5:45-9pm -Bowling Coaches Program 5:45-8pm</p>	23	<p>24</p> <p><b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -Batting One-Day skills 5:45-9pm -Bowling Coaches Program 5:45-8pm</p>	25	26	<p>27</p> <p><b>Nodes Beach 10-11:30</b></p> <p>All Players Fitness+ Games</p> <p><b>Shed Open 10am-12pm</b></p>
28	<p>29</p> <p><b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -One-Day Batting Role 5:45-9pm - Bowling Coaches Program 5:45-8pm</p>	30	<p>31</p> <p><b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -One-Day Batting Role 5:45-9pm - Bowling Coaches Program 5:45-8pm</p>			

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				1	2	3 <b>Kingsway 9-11am</b> -All Players Skills work -Leadership Group Planning Session
4	5 <b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -Batting One-Day skills 5:45-9pm -Bowling Coaches Program 5:45-8pm	6	7 <b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -Batting One-Day skills 5:45-9pm -Bowling Coaches Program 5:45-8pm	8	9	10 <b>Kingsway 9-11am</b> All Players Fielding+Fitness+Skills work 2Km Time Trials <b>Shed Open 10am-12pm</b>
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18	19	20 <b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -Batting One-Day skills 5:45-9pm -Bowling Coaches Program 5:45-8pm	21	22 <b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -Batting One-Day skills 5:45-9pm -Bowling Coaches Program 5:45-8pm	23 <b>Preseason on Tour</b>  Preseason Friendly	24 <b>Preseason Tour</b>  Preseason Friendly  AFL Grand Final
25	26	27 <b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -One-Day Batting Role 5:45-9pm - Bowling Coaches Program 5:45-8pm	28	29 <b>Kingsway 5-9pm</b> -Warm up 5-5:15pm -Fielding 5:15-5:45pm -One-Day Batting Role 5:45-9pm - Bowling Coaches Program 5:45-8pm	30	

