

# 2010 COLTS PRE-SEASON TIMELINE

NOVEMBER 2009

Current As Of Last printed 2/25/2010 7:59:00 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22 NOV</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>INDUCTION SESSION &amp; BENCH MARK TESTS</b> Venue: HHCRC Activity: Vitals, Strength & Endurance. <b>10:30am</b>	<b>METRO SQUAD ONLY SESSION</b> Venue: Anniversary Park, Rockingham.	<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		
<b>29</b>	<b>30</b>					
	<b>METRO SQUAD ONLY SESSION</b> Venue: Anniversary Park, Rockingham.					

**SESSIONS COMMENCE 5:30PM UNLESS OTHERWISE STATED. PLAYERS TO BE AT VENUE 20 MINUTES PRIOR TO START TIME.**

## 2009 COLTS CONTACT LIST

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**T.B.A.**

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# 2010 COLTS PRE-SEASON TIMELINE

DECEMBER 2009

Current As Of Last printed 2/25/2010 7:59:00 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	<b>METRO SQUAD ONLY SESSION</b> Venue: Anniversary Park, Rockingham.	<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	<b>METRO SQUAD ONLY SESSION</b> Venue: Rockingham Foreshore, Rockingham.	<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>FULL SQUAD SESSION</b> Venue: Rockingham Foreshore, Rockingham. Activity: BBQ.	Christmas New Year Break	Christmas New Year Break	Christmas New Year Break	Christmas New Year Break	Christmas New Year Break	Christmas New Year Break
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
Christmas New Year Break	Christmas New Year Break	Christmas New Year Break	Christmas New Year Break	Christmas New Year Break		

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# 2010 COLTS PRE-SEASON TIMELINE

JANUARY 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
					Christmas New Year Break	Christmas New Year Break
3	4	5	6	7	8	9
	METRO SQUAD ONLY SESSION Venue: Anniversary Park, Rockingham.	FULL SQUAD SESSION Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		FULL SQUAD SESSION Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		
10	11	12	13	14	15	16
	METRO SQUAD ONLY SESSION Venue: Anniversary Park, Rockingham.	FULL SQUAD SESSION Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		FULL SQUAD SESSION Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		
17	18	19	20	21	22	23
FULL SQUAD SESSION Venue: Bold Park Activity: Endurance, Fitness & BBQ.	METRO SQUAD ONLY SESSION Venue: Rockingham Foreshore, Rockingham.	FULL SQUAD SESSION Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		FULL SQUAD SESSION Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		
24	25	26	27	28	29	30
		Australia Day FULL SQUAD SESSION 9:00am to 11:00am Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills		FULL SQUAD SESSION Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		

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# 2010 COLTS PRE-SEASON TIMELINE

**FEBRUARY 2010**

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>METRO SQUAD ONLY SESSION</b> Venue: Anniversary Park, Rockingham.	<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		<b>WAFL COLTS TESTING</b> Venue: Murdoch University, South St, Murdoch. Time: 9:00am to 11:00am
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
		<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>PRACTICE MATCH FULL SQUAD SESSION</b> Venue: HBL FC, Brunswick Oval, Brunswick Junction Time: 9:00am to 1:00pm		<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>PRACTICE MATCH FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Time: 10:00am to 1:00pm		<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		<b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.		<b>WAFL PRESEASON</b> Peel vs Subiaco Venue: Bendigo Bank Stadium, Rushton Park Time: 11:00am
<b>28</b>						

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# 2010 COLTS PRE-SEASON TIMELINE

MARCH 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b> <b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.	<b>3</b>	<b>4</b> <b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.	<b>5</b>	<b>6</b> <b>WAFL PRESEASON</b> West Perth vs Peel Venue: Anniversary Park, Rockingham Time: 9:15am
<b>7</b>	<b>8</b>	<b>9</b> <b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.	<b>10</b>	<b>11</b> <b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.	<b>12</b>	<b>13</b> <b>WAFL PRESEASON</b> Peel vs Swan Districts Bendigo Bank Stadium, Rushton Park Time: 9:15am
<b>14</b>	<b>15</b> <b>METRO SQUAD ONLY SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park	<b>16</b> <b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.	<b>17</b>	<b>18</b> <b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.	<b>19</b>	<b>20</b> <b>2010 WAFL SEASON</b> Peel vs. Claremont Venue: Bendigo Bank Stadium, Rushton Park Time: 9.15am
<b>21</b>	<b>22</b> <b>METRO SQUAD ONLY SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park	<b>23</b> <b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.	<b>24</b>	<b>25</b> <b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.	<b>26</b>	<b>27</b> <b>2010 WAFL SEASON</b> Peel vs. Perth Venue: Bendigo Bank Stadium, Rushton Park Time: 9.15am
<b>28</b>	<b>29</b> <b>METRO SQUAD ONLY SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park	<b>30</b> <b>FULL SQUAD SESSION</b> Venue: Bendigo Bank Stadium, Rushton Park Activity: Fitness, Skills, Conditioning & Footy.	<b>31</b>			

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