

## Preseason Training 2012

We invite all new and old players interested in playing; Premier men, Premier women, 1st Div men, 1st Div women and Colts to Wanderers 2012 preseason training starting Tuesday 3rd January 6.15pm (6.30pm start) at Wanderers Park, Ben Nevis St Beaconsfield.

We ask that;

- All players are ready to train 15 minutes prior the scheduled start time
- Kit-up in the dressing rooms (no player is to get dressed in the car park or side of the pitch)

For ALL preseason trainings, players are required to bring;

- Boots
- Water bottle (cold water will be available for refills)
- Suitable runners (casual shoes are unacceptable and can result in injury)
- Towel
- Kitbag

Senior men will train Tuesday & Thursday night's 6.30-8.00pm. Senior women will train Tuesday night's 6.30-8.00pm.

### Super Wanderer

\$100 cash and prizes and the coveted title of Super Wanderer is up for grabs for whoever tallies the most points over preseason. Players will receive points on a 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> basis for various individual and team challenges such as; Cross bar challenge, various training drills, golf day, road runs, team challenges. Negative points will be given for CUN losers and turning up late to training without a note. There will be a Super Wanderer and an U/19 Super Wanderer crowned at the end of preseason. Thanks Skip for the prizes (actual prize money to be confirmed).

### Road Runs

As preseason is always affected by rain, road runs play a part in improving our match fitness. We will be favouring smaller distances and focusing more on interval work to mirror the physical demands experienced on the pitch and to limit the risk of injury. Our routes have been posted on [www.MapMyRun.com](http://www.MapMyRun.com) (search for routes by mackay\_wanderers). It is the player's responsibility to learn these routes and not get lost along the way! Feel free to add your own routes on MapMyRun, particularly if you are based out west in Tieri, Moranbah etc.

### Alternate Trainings & Wet Season

Attached is a list of alternate training sessions we will be using if the fields are too wet. Any changes to training will be posted on Mackay Wanderers Facebook page or you may receive a text message from your coach (if urgent), otherwise ALWAYS assume training is on at Wanderers if nothing is posted on Facebook. Please do not text your coach asking if training is on unless absolutely necessary.

### Can't Make Training?: Catch Up Sessions

If you can't make training for whatever reason (such as work) please let your coach know. Players are also asked to complete the catch up sessions listed for that week in the preseason program. These training sessions include a run or gym session with increased intensity throughout preseason. Greg Willey will also be running training sessions of a Sunday morning.

### To Do

We ask that players;

1. Read the preseason program.
2. Complete the Player Application form and return it to Mudskipper.
3. Sign up to Facebook and 'like' Mackay Wanderers page ([www.facebook.com.au/mackaywanderersfc](http://www.facebook.com.au/mackaywanderersfc)) if you haven't already
4. Sign up to [www.MapMyRun.com](http://www.MapMyRun.com) and add mackay\_wanderers as a friend and view the routes. Players can also allow players to post their times for the alternate training sessions.

All this info is available on our website [www.mackaywanderersfc.com.au](http://www.mackaywanderersfc.com.au). 2012 is set to be another great season and we look forward to seeing you there.

For further enquiries contact;

Premier men's coach: Scott Siddell 0400 364 186  
Premier women's coach: Gerard Black 0422 495 100  
Senior Registrar: Mick Gibson (Mudskipper) 0409 899 772