

Hi all

Another wet and cold weekend, hopefully we are dodging the bad weather and the good weekend weather will arrive later in the 2020 season! In that, we are no closer to knowing if the 2020 season will commence however, we now are allowed to commence training as a group.

WRFL teams will not recommence training for a few weeks, waiting for more confirmation around a potential start to the season. In that, we are looking to re-commence training on Tuesday 10<sup>th</sup> June at Hanmer Reserve Yarraville and, at this stage, there is **NO** academy training at MacKillop or Emmanuel, until further notice. Training sessions are pure fitness/running, no skills until we return to normal training.

We are considering this training set up to accommodate all disciplines (field, boundary and goal) and if these sessions commence, it is **NOT** compulsory to attend any of them. We are only suggesting them as a way of staying connected to the group.

Please note that attending these training sessions **WILL NOT** put you in a higher-ranking position if a season commences. If we get the green light to start a season and therefore a return to normal training, then training attendance will come into consideration.

We need to survey the group to establish what training sessions will be offered. In that, we will look to potentially schedule 3 training times at Hanmer Reserve Yarraville on Tuesday and Thursday nights **ONLY**.

We are looking to divide the ground in half so two groups of 10 can train at any of the below session times:

The options are:

5.30 – 6.15pm

6.30 – 7.15pm

7.30 – 8.15pm

However, in order to select one of the three training sessions, you **MUST** be able to meet **ALL** of the following requirements as determined by the AFL:

1. You must be able to arrive at Hanmer Reserve, changed ready to train as NO ACCESS to the changerooms/clubrooms is permitted, the focus is on 'get in, train, get out'
2. You must have downloaded the COVIDSafe app
3. You must follow directions from the coach in relation to no contact, maintaining social distancing and strictly following any instructions given around requirements to small outdoor group training
4. When you select a training time you CANNOT change that time whilst we operate under these arrangements

5. Parents, friends, drivers of younger umpires CANNOT come onto the oval and MUST remain either in their car or sit on the timber rails behind the goals between the ground and the clubrooms, maintaining social distancing requirements at all times
6. Sign a 'register of participants' which covers your understanding of what is required whilst training

Please consider these strict requirements because if you CANNOT meet ALL the requirements DO NOT train at Hanmer Reserve, continue with your current training program until we all get the green light to start the season and commence normal training.

So, if you can meet all the requirements above, and you wish to commit to a specific training session, please complete the attached Google doc (link provided) by Thursday 28 May. We will collate the data and let umpires know who and when they can train. By the time we intend to commence training, the requirements may change again and allow larger numbers to train but at this stage, these are the requirements we must adhere to. If you are successful in gaining a place to train, more details will follow.

<https://forms.gle/zWiQfLhGT4yL11uY8>

If you have any questions or concerns, please email me.

Below is the training program for the next three weeks, hopefully we will be back by then!

<b>Week Commencing Monday</b>	<b>Monday or Tuesday</b>	<b>Wednesday or Thursday</b>	<b>Weekend</b>
<b>25 May</b>	<b>Long</b> General Warm Up 1 x 500m 1min rest 1 x 1km 2min rest 1 x 1km 2min rest 1 x 500m Stretches	General Warm Up 5 x 25m 5 x 50m 5 x 75m Field umpires – 5min of ball up and backing out Boundary umpires – 5mins of throws and backing out Repeat complete sequence All at 70% backing out 90% Stretches	Field 5-8km run Boundary 8-10km run

<b>1 June</b>	<b>Hi - intensity</b> General Warm Up 30sec – Push ups 30sec – Rest 30sec – Sit ups 30sec – Rest 30sec – Star jumps 30sec – Rest 30sec – Burpee Repeat 3 times 2min rest 1min shuttle running over 20m 30sec rest 1min shuttle running over 20m 1min rest 30sec – Push ups 30sec – Rest 30sec – Sit ups 30sec – Rest 30sec – Star jumps 30sec – Rest 30sec – Burpee Stretches	General Warm Up 5 x 50m Set up a square, 30mx30mx30mx30m. Run to first corner, blow signal, field use voice (High, Spotswood) turn 90 degrees and run backwards to next corner, turn 90 degrees and accelerate quickly to next corner, turn 90 degrees jog back to the start. Repeat 4 laps. 5 x 100m Repeat square run. Stretches	Field 5-8km run Boundary 8-10km run
<b>8 June</b>	<b>Queen's Birthday</b> <b>No Training</b>	<b>Cross Training</b> Bike or Walk or your thing for 45mins	Field 5-8km run Boundary 8-10km run

Catch you on the track

Mark