

Hi All

The first week we look to start training we have our next-door neighbour league AFL Barwon, pull the pin on senior football in all their affiliated leagues (GFL, GDFL, BFL and CDFNL). The WRFL then made a joint statement with the VAFA, EDFL and SFNL that if a 2020 season is to commence, players will receive no payments. This gives clubs certainty around not having to deal with player payments and provides further support of our local football teams.

The premier announced today that return to full contact training and to play will commence from June 22 for those 18 years or younger. He also stated that, July 13 is the **tentative** date for community senior football to return to contact training with games commencing from July 20. If this was the case, the earliest a senior season could commence would be Saturday 25 July, which would allow a full half season and finals to occur but that is still depending on future data around COVID 19 cases, and the final decision with each club on if they want to play a 2020 season.

However, the 2020 junior competition looks very positive and the WRFL will be working with the clubs over the coming weeks to determine what a possible 2020 junior competition may look like. In that, they have a lot of work to do, so please be patient and give them time to work through all the possibilities.

We had small numbers attend the later session during the first week of training, so I would like to move to one session commencing at 6.15 to 7.00pm on both Tuesday and Thursday. With the goal umpire's session still commencing at 5.30pm on Tuesday ONLY, this will allow any field or boundary umpire to attend training without have to notify myself, just turn up. I hope this later time will allow for more umpires to train and we will still finish at 7pm both nights.

Please continue with the training program that I set if you can't make training, the sessions at Hanmer are similar.

<b>Week Commencing</b>	<b>Monday or Tuesday</b>	<b>Wednesday or Thursday</b>	<b>Weekend</b>
<b>Monday</b>			
<b>15 June</b>	<b>Short</b>  Set out 20m distances up to 100m (5 markers  Out to 20m then back, out to 40m then back all the way up to 100m then come back down. Rest between	General Warm Up  5 x 25m  5 x 50m  5 x 75m	Field 5-8km run  Boundary 8-10km run

	runs as if 3 groups where running. 70%  2min rest  Using the 20m marker, run forward then backwards non- stop 4 sets  2min rest  Repeat first task  Stretches	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	
<b>22 June</b>	<b>Cross Training</b>  Bike or Walk or your thing for 45mins	General Warm Up 1 x 1km 2min rest 1 x 1km 2min rest 1 x 1km Stretches	Field 5-8km run  Boundary 8-10km run
<b>29 June</b>	<b>Short</b> General Warm Up 4 x 50m 4 x 75m 4 x 100m 4 x 75m 4 x 50m Stretches	General Warm Up 1min on 30sec off 2min on 30sec off 2min on 30sec off 1min on Stretches	Field 5-8km run  Boundary 8-10km run

It has been great to see footy back on tv, it certainly gets the blood running, wanting to get out on the field!!

Catch you on the track

Mark