

MODS PRE-SEASON 2008

Mon 28 th Jan	8am	Scarborough Beach Amphitheatre	Beach Handball Comp. \$5, bathers
Thurs 31 st	6:30pm	Charles Veryard Res	Sticks
Sat 2 nd Feb	8:30am	City Beach	Towel, bathers
Mon 4 th	6:30pm	City Beach	Towel, bathers
Thurs 7 th	6:30pm	Charles Veryard Res	Sticks
Sat 9 th	8:30am	City Beach	Towel, bathers
Mon 11 th	6:30pm	City Beach	Towel, bathers
Thurs 14 th	6:30pm	Charles Veryard Res	Sticks
Sat 16 th	8:30am	City Beach	Towel, bathers
Mon 18 th	6:30pm	City Beach	Towel, bathers
Thurs 21 st	6:30pm	Charles Veryard Res	Sticks
Sat 23 rd	8:30am	City Beach	Towel, bathers
Mon 25 th	6:30pm	City Beach	Towel, bathers
Thurs 28 th	6:30pm	Charles Veryard Res	Sticks
Sat 1 st Mar	8:30am	City Beach	Towel, bathers
Mon 3 rd	6:30pm	Turf session??	Sticks
Thurs 6 th	6:30pm	Charles Veryard Res	Sticks
Sat 8 th	8:30am	City Beach	Towel, bathers
Mon 10 th	6:30pm	Turf session??	Sticks
Thurs 13 th	6:30pm	Charles Veryard Res	Sticks
Sat 15 th	8:30am	City Beach	Towel, bathers
Mon 17 th	6:30pm	Turf session??	Sticks
Thurs 20 th	6:30pm	Charles Veryard Res	Sticks
Sat 22 nd	8:30am	City Beach	Towel, bathers
Mon 24 th	6:30pm	Turf session??	Sticks
Thurs 27 th	6:30pm	Charles Veryard Res	Sticks
Sat 29 th	8:30am	City Beach	Towel, bathers
Mon 31 st	6:30pm	Turf session??	Sticks
Thurs 3 rd Apr	6:30pm	Charles Veryard Res	Sticks

You must bring water and appropriate running gear to each session. Try to arrive 10min earlier to warm-up and stretch.

Please let Anthony know if you cannot make it to training via email or text.

Email: anthony.chiappalone@gmail.com, Mobile: 0439 949 917