



This is the start of an exciting era at the Woodville Hockey Club. 2010 marks the commencement of a new coaching module with the Club appointing two Co-Coaches, De-Anne Gilbert (Australian Player) and Rachel Hampton (former AHL player) to coach the Premier League Women in 2010.

Bob Haigh, former Olympian and Life Member of the Club will also be involved this year and will take Tuesday night training sessions from February.

Training will commence this Saturday 16 January 2010, at the Woodville Hockey Club from 10.30am til 12noon. Arrive and be ready to warm up at 10.30am, on the pitch from 11am to 12noon. Fitness will be incorporated into our pitch time and the majority of sessions will involve small games and game type scenarios.

Trainings will be held on Tuesdays 7.00pm til 8.30pm and Thursdays 6.30pm - 8pm and Saturday 10.30am - 12noon. All trainings are at Woodville hockey club.

Start warm up at start time, so arrive before start time. A full pre-season program will be issued on Sat and subject to change accordingly. Please bring a dark and light coloured top, to each training.

We have a lot of new things to get through during Jan-March and we really need your commitment and attendance at pre-season trainings in order to be more competitive in 2010.

We are looking forward to an exciting, competitive and enjoyable year so get on board for "Attack 2010".

Please notify of your attendance by Thursday 14 January and your playing intentions for the 2010 season. Illness/injury exception, but communication essential. If you are unable to attend a session, please notify either coach 24 hours beforehand (where appropriate) for planning purposes. Contact details below.

Rachel Hampton

0412 841 774 or rachel.hampton@sa.gov.au or rachel.hampton1@three.com.au

De-Anne Gilbert

0433 356 284 or gilbey17@hotmail.com