

SASI Hockey Program Overview (includes AHL/U21 Men in highlighted yellow) as always things will be subject to change

August 2008: ALL HOCKEY SESSIONS ON DHHS UNLESS STIPULATED							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Comments
				1	2	3	Musculo-skeletal screenings (new scholarship holders must have been cleared medically)
					Club fixtures		
4	5	6	7	8	9	10	Olympic Games, Beijing August 8 – 24 (Butch Away) Musculo-skeletal screenings
INDUCTION 6-8.30pm @ SASI (includes culture dev. (1))	SASI Gym 6-7.30am (Strength testing) Club training commitment	(note skinfold change to 11 th)	Club training commitment	SASI Gym 6-7.30am (SAQ Assessments)	Club fixtures		
11	12	13	14	15	16	17	Olympic Games, Beijing August 8 – 24 (Butch Away) Musculo-skeletal screenings
Skinfold testing 5.00-6.30pm @ SASI	SASI Gym 6-7.30am Club training commitment		Club training commitment	SASI Gym 6-7.30am (Strength Assessments TBC)	Club fixtures		
18	19	20	21	22	23	24	Olympic Games, Beijing August 8 – 24 (Butch Away) Musculo-skeletal screenings Athletes to organise appointment with Bassy 0401224900 or Rohan 0402129363
	SASI Gym 6-7.30am Club training commitment		Club training commitment	SASI Gym 6-7.30am	Club fixtures		
25	26	27	28	29	30	31	PERFORMANCE AGREEMENT MEETINGS athletes to organise
	SASI Gym 6-7.30am Club training commitment	Goal setting /Performance agreement process education workshop 6.30-8PM @ SASI	Club training commitment	SASI Gym 6-7.30am	Club fixtures		

September 2008: ALL HOCKEY SESSIONS ON DHHS UNLESS STIPULATED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Comments
1	2 SASI Gym 6-7.30am Club training commitment	3 NJS/NDS Skills 7.30-9pm (+non finals participants)	4 Club training commitment	5 SASI Gym 6-7.30am	6 Club fixtures	7	Premier League Semis PERFORMANCE AGREEMENT MEETINGS athletes to organise Individual home programs to supplement and develop target areas to be developed (September)
8	9 SASI Gym 6-7.30am Club training commitment	10 NJS/NDS Skills 7.30-9pm (+non finals participants)	11 Club training commitment	12 SASI Gym 6-7.30am	13 SASI GK TAC 7-10am Club fixtures	14	Premier League Preliminary finals
15	16 SASI Gym 6-7.30am Club training commitment	17 NJS/NDS Skills 7.30-9pm (+non finals participants)	18 Club training commitment	19 SASI Gym 6-7.30am	20 SASI DF TAC TBC 8-10am Club fixtures	21	Premier League Grand finals (NZ National League)
22	23 SASI Gym 6-7.30am	24 NJS/NDS Skills 7.30-9pm (+non finals participants)	25	26 SASI Gym 6-7.30am	27	28	27 September – 12 October School Holidays
29	30 SASI Gym 6-7.30am NJS/NDS Skills 6.30-8.00pm (+non finals participants)						Butch Holidays 29 Sep – 3 Oct 27 September – 12 October School Holidays

October 2008: ALL HOCKEY SESSIONS ON DHHS UNLESS STIPULATED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Comments
		1 NJS/NDS Skill 6-7.30am <i>(note skinfold change to 2nd)</i>	2 Skinfold testing 5.30- 6.30pm @ SASI	3 SASI Gym 6-7.30am	4	5	Butch Holidays 29 Sep – 3 Oct
6 Public Holiday**** 6-8pm Women's VIS series preparation session	7 SASI Gym 6-7.30pm	8 Profile testing 6-8am <i>Note change in time for profile testing</i>	9 6-8pm Women's VIS series preparation session	10 SASI Gym 6-7.30am	11 Women's VIS test series camp (Mt Gambier)	12 Women's VIS test series camp (Mt Gambier)	
13 SASI Men Game habits 6-7.30pm SASI Women Game habits 7.30-9pm	14 SASI Gym 6-7.30pm	15 Women's Intra series preparation 6-7.30pm Men Intra series preparation 7.30-9pm	16	17 SASI Gym 6-7.30am	18	19	Butch away with the Jillaroots
20 Men Intra series preparation 6-7.30pm Women's Intra series preparation 7.30-9pm	21 SASI Gym 6-7.30pm	22 SASI + Legends v Rookie List (Female) 6-7.30pm Men Intra series preparation 7.30- 9pm	23 Rookie List training block session Women 6-7.30pm U21 Men/AHL (trial game 7.30-9pm)	24 SASI Gym 6-7.30am Game Knowledge meetings 7.30- 8.30am	25 Men's Intra series <u>Game 1</u> (Port Lincoln)	26 Men's Intra series <u>Game 2</u> (Port Lincoln)	
27 SASI Women Intra series preparation 6-7.30pm SASI Men Game habits 7.30-9pm	28 SASI Gym 6-7.30pm	29 SASI + Legends v Rookie List (Male) 6-7.30pm Intra series training M/W 7.30-9pm	30 Rookie List training block session Men 6-7.30pm U21 Men/AHL (trial game 7.30-9pm)	31 SASI Gym 6-7.30am Game Knowledge meetings 7.30- 8.30am			Individual home programs to supplement and develop target areas to be developed (September)

Look @ possibility of scheduling 3 gym a week through Aug/Sep or 2 gym and 1 AE at SASI. And possibility of only 1 gym through heavy state period Nov-Jan. To be discussed as a group.

November 2008: ALL HOCKEY SESSIONS ON DHHS UNLESS STIPULATED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Comments
					1 Women's Intra series <u>Game 1</u> (Berry)	2 Women's Intra series <u>Game 2</u> (Berry)	
3 Men's Skill Development 6-7.30am U21 Men/AHL (MSFT) 6-7.30pm (session 1)	4 SASI Gym 6-7.30am (DS home program update and tuition) <i>Note skinfeld testing change to 7th</i> SASI Gym 6-7.30pm	5 Women's Skill Development 6-7.30am Intra series training Men 6-7.30pm Women 7.30-9pm	6 Rookie List training block session M/W 6-7.30pm U21 Men/AHL (Game habits + AE) 7.30-9pm	7 SASI Gym 6-7.30am Ski-fold testing 5.00-6.30pm @ SASI	8 M/W Intra series (Port Pirie) <u>Men - Game 3</u> <u>Women - Game 3</u>	9	PERFORMANCE AGREEMENT MEETINGS athletes to organise
10 Women's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	11 SASI Gym 6-7.30pm	12 Men's Skill Development 6-7.30am Intra series training Women 6-7.30pm Men 7.30-9pm	13 Rookie List training block session M/W 6-7.30pm U21 Men/AHL (Game habits + AE) 7.30-9pm	14 SASI Gym 6-7.30am Game Knowledge meetings 7.30-8.30am	15 Men's Intra series 4-6pm <u>Game 4</u> Women's Intra match 6-8pm <u>Game 4</u>	16	PERFORMANCE AGREEMENT MEETINGS athletes to organise
17 Men's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	18 SASI Gym 6-7.30pm	19 Women's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 7.30-9pm	20 Rookie List training block session M/W 6-7.30pm	21 SASI Gym 6-7.30am Game Knowledge meetings 7.30-8.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	22 SASI TAC Dragflicking 8-11.30am	23	
24 Women's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	25 SASI Gym 6-7.30pm	26 Men's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 7.30-9pm	27 Rookie List training block session M/W 6-7.30pm	28 SASI Gym 6-7.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	29 SASI Female TAC scoring session 8-11am	30 SASI Male TAC scoring session 8-11am	

AHL Women's programs not available yet.

December 2008: ALL HOCKEY SESSIONS ON DHHS UNLESS STIPULATED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Comments
1 Men's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	2 <i>Note skinfold testing change to the 4th</i> SASI Gym 6-7.30pm	3 Women's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 7.30-9pm	4 Skinfold testing 5.00-6.30pm @ SASI	5 SASI Gym 6-7.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	6 SASI Outletting TAC session Men 8-11am Women 11-2pm	7 U21 Men/AHL (Game habits + AE) 8-10am	
8 Women's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	9 SASI Gym 6-7.30pm	10 Men's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 7.30-9pm	11	12 SASI Gym 6-7.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	13	14 U21 Men/AHL (Game habits + AE) 8-10am	Butch Holidays 11 Dec - 4 Jan
15 U21 Men/AHL (MSFT) 6-7.30pm (2)	16 SASI Gym 6-7.30pm	17 U21 Men/AHL (Game habits + AE) 7.30-9pm	18	19 SASI Gym 6-7.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	20	21 U21 Men/AHL (Game habits + AE) 8-10am	
22 U21 Men/AHL (Game habits + AE) 6-7.30pm	23 SASI Gym 6-7.30pm	24	25 Christmas Day	26 Boxing Day	27	28	Christmas week
29 U21 Men/AHL (Game habits + AE) 6-7.30pm	30	31					Butch Holidays 11 Dec - 4 Jan

AHL Women's program not available yet.

January 2008: ALL HOCKEY SESSIONS ON DHHS UNLESS STIPULATED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Comments
			1 NEW YEARS DAY	2	3	4	Butch Holidays 11 Dec – 4 Jan
5	6	7	8	9	10	11	
Women's Skill Development 6-7.30am U21 Men/AHL (MSFT + skill) 6-7.30pm (3)	Note skinfold testing change to the 8th SASI Gym 6-7.30pm	Men's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 7.30-9pm	Skinfold testing 5.00-6.30pm @ SASI	Profile testing 6.00-7.30am	U21 Men/AHL (intra squad match) (1) 6-8pm		Nutrition workshops / recovery workshops TBA
12	13	14	15	16	17	18	
Men's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	SASI Gym 6-7.30pm	Women's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 7.30-9pm		SASI Gym 6-7.30am U21 Men/AHL (set plays) 6-7.30pm	U21 Men/AHL (intra squad match) (2) 6-8pm		PERFORMANCE AGREEMENT MEETINGS athletes to organise
19	20	21	22	23	24	25	
Women's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	SASI Gym 6-7.30pm	Men's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 7.30-9pm		SASI Gym 6-7.30am U21 Men/AHL (set plays) 6-7.30pm	U21 Men/AHL (intra squad match) (3) 6-8pm		PERFORMANCE AGREEMENT MEETINGS athletes to organise
26	27	28	29	30	31	1	
Men's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 6-7.30pm	SASI Gym 6-7.30pm	Women's Skill Development 6-7.30am U21 Men/AHL (Game habits + AE) 7.30-9pm		SASI Gym 6-7.30am	U21 Men/AHL (Setplays) 8-10am		

Athletes individual programs to be developed from this and the AHL women's program.