



Claremont Football Club Academy Pre-Training & Post Training Schedule

All CFC Development Squad players are expected to adhere to a certain list of rules and expectations while at Development Squad Training. The following is both a schedule of events to be performed pre post and during training sessions and a few standards that need to be met and tasks that need to be performed whilst at training sessions. These are non-negotiable when representing the Claremont Football Academy and attending Development Squad Training Sessions.

PRE-TRAINING

- Arrive at training and get changed into training gear.
- If you are one of the first to arrive bring out the gear that will be used from the change rooms e.g. footballs, markers, bump bags etc.
- Perform pre training warm up *posted in change rooms.
- Perform pre training activities and drill focussed on improving your game. Always with intensity and always testing your ability.

TRAINING

- Stay focussed and always give the coaches your full attention
- Enjoy yourself but stay focussed on the session. You can talk about you weekend with the boys after training....
- When getting a drink during training players must go and return as a group. Players are not to take a ball and have shots at goal, you perform activities as a group. This is an opportunity for the leaders amongst the group to stand up.

POST TRAINING

- Perform warm down including light jog of the oval collecting **ALL** D-Squad footballs from around the ground and post training stretching exercises.
- Collect D-Squad gear and return it to the change rooms. This includes all footballs, markers bump bags etc. Take responsibility for your (D-Squad) gear and make sure that it is all accounted for.



Claremont Football Club Academy
Pre-Training & Post Training Schedule

INJURED PLAYERS

If players are injured they are encouraged to bring their training gear and perform activities that will not provoke the injury and that they are capable of. This may include a light jog to get the legs moving, light kicking or handballing activities. Players should talk to coaches about activities that they can do on the side of the group if not able to participate in certain drills.

Players are not to sit around the sidelines talking and not getting involved. If your sickness or injury prevents you from inclusion at any level you are encouraged to notify Warren before training to discuss your options.

Contact Details:

Warren Parker

Email: warren@claremonttigers.com

Phone: 0416 568 271