



Mentone Cricket Club Pre Season Training Schedule

Please see below a copy of the Mentone CC Pre Season training program for the coming 2017/18 season.

Indoor sessions kick off on Monday August 7 at the same venue as last year, now named Mordy HQ Indoor Sports. Cost is \$5 per person with part of the pre-season program subsidised by club. This season we have 3 lanes booked each week so everyone will get a good bat and a bowl.

It's crucial we put in a strong pre-season to build our skills and fitness base and begin the coming season in the best shape possible. All teams are striving to perform well this year so your attendance is really important to the overall strength of our club as we embark on an exciting future.

Below are the Indoor sessions, with Outdoor sessions confirmed closer to the date. Please arrive 10 minutes prior to the start time & ensure you wear your club shirt or playing shirt.

All enquiries to Peter Duffy (0405 507 449)

Session	Day	Date	Time	Venue	Address
1	Monday	7/8/17	7.00 – 8.00pm	Mordy HQ Indoor	3 Haymer Court, Braeside
2	Monday	14/8/17	7.00 – 8.00pm	Mordy HQ Indoor	3 Haymer Court, Braeside
3	Monday	21/8/17	7.00 – 8.00pm	Mordy HQ Indoor	3 Haymer Court, Braeside
4	Monday	28/8/17	7.00 – 8.00pm	Mordy HQ Indoor	3 Haymer Court, Braeside
5	Monday	4/9/17	7.00 – 8.00pm	Mordy HQ Indoor	3 Haymer Court, Braeside
6	Monday	11/9/17	7.00 – 8.00pm	Mordy HQ Indoor	3 Haymer Court, Braeside
7	Monday	18/9/17	7.00 – 8.00pm	Mordy HQ Indoor	3 Haymer Court, Braeside