COVID-19 Pre season Training Schedule

Parents/Players/Coaches - Please adhere to the ERFC MEMBER Return To Training Plan.
15 minute break between teams training - some instances 90 minutes have been allocated for training which allows teams to finish 15 minutes early from allocated time.

		Main Pitch				Top Oval							Adventure Playground Pitch						St Helena College					
		Blue	White	Red	Yellow	Green	Orange	Pink	Grey	Olive	Purple	White	Green	Orange	Pink	Grey	Olive	Purple	Blue	White	Red	Yellow		
Mon																								Mon
	5.00pm																						5.00pm	
	5.30pm	U15 Boys		U13 Girls Team Laurie (11)		U10 Boys James	U10 Boys Jason	U11 Boys Danny	U11 Boys Deanne	U10 Boys Steve		U10 Boys Fletcher	U8 Boys Alfonso/Chris	U8 Boys Pat	U8 Boys Daniel	U9 Boys Noah			U8 Girls Masa	U10 Girls Lily	U9 Girls Billy	U9 Girls Andrew	5.30pm	
	6.00pm																						6.00pm	
	6.30pm												U9 Boys Zigan	U9 Boys Jim	U11 Boys DJ						U12 Girls Masa	U11 Girls Jeff	6.30pm	
	7.00pm	Senior Men & Reserves				Senior Women and Reserves													U15/16 Girls Con (15)				7.00pm	
	7.30pm																						7.30pm	
	8.00pm																						8.00pm	
	8.30pm																						8.30pm	
	9.00pm																						9.00pm	
	9.30pm																						9.30pm	
Tues																								Tues
	5.00pm																						5.00pm	
	5.30pm	U12 Boys Steve	U12 Boys Michael	U12 Boys Adrian		U13 Boys Teams				U14 Boys													5.30pm	
	6.00pm																		U13 - JBNPL		U14 - JBNPL		6.00pm	
	6.30pm																						6.30pm	
	7.00pm	Metro Men				U14 Girls Team Kylie (17)		U14 Girls Team Daniel (16)											U15 - JBNPL		U16 - JBNPL		7.00pm	
	7.30pm																						7.30pm	
	8.00pm																						8.00pm	
	8.30pm																						8.30pm	
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Wed																								Wed
	5.00pm																						5.00pm	
	5.30pm	U10 Boys James	U10 Boys Jason	U10 Boys Steve	U10 Boys Fletcher	U15 Boys		U13 Girls Team Laurie (11)		U8 Boys Daniel	U9 Boys Noah	GK U13 to U16	U9 Girls Billy	U9 Girls Andrew	U8 Girls Masa	U10 Girls Lily			U8 Boys Alfonso/Chris	U8 Boys Pat	U11 Boys DJ		5.30pm	
	6.00pm																						6.00pm	
	6.30pm														U12 Girls Masa	U11 Girls Jeff			U9 Boys Zigan	U9 Boys Jim	U11 Boys Danny	U11 Boys Deanne	6.30pm	
	7.00pm	Senior Women and Reserves				Senior Men & Reserves						GK Men and Women	U15/16 Girls Con (15)										7.00pm	
	7.30pm																						7.30pm	
	8.00pm																						8.00pm	
	8.30pm																		O45's Training 7.45pm -9.15pm (Auto lights go out 9.15pm)				8.30pm	
	8.45pm	Big Kidz (8.45pm -10pm)																					8.45pm	
	9.00pm																						9.00pm	
	9.30pm																						9.30pm	
Thurs																								Thurs
	5.00pm																						5.00pm	
	5.30pm	U13 - JBNPL		U14 - JBNPL		U13 Boys Teams				U14 Boys													5.30pm	
	6.00pm																		U12 Boys Steve	U12 Boys Michael	U12 Boys Adrian		6.00pm	
	6.30pm																						6.30pm	
	7.00pm	U15 - JBNPL		U16 - JBNPL		Metro Men													U14 Girls Team Kylie (17)		U14 Girls Team Daniel (16)		7.00pm	
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	5.30pm																						5.30pm	
	6.00pm																		U13 - JBNPL		U14 - JBNPL		6.00pm	
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	7.30pm																		U15 - JBNPL		U16 - JBNPL		7.30pm	
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	8.00am	Sat Spiderling Program				Sat Spiderling Program																	8.00am	
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	5.00pm	O45's Training 5.00pm to 6.30pm				O45's Training 5.00pm to 6.30pm																	5.00pm	
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	7.00pm																						7.00pm	
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