

CHESTER LADIES HOCKEY CLUB – PRE SEASON

Ladies Pre-season Fitness Training

Fitness training will start on Wednesday 6th July from 7-8pm. Meet in the car park by new club house for 7pm.

Pre-season fitness will be taken by Jane Bills (2nd XI captain).

Donna, Jane and Keith would like all 1st XI and 2XI team members from last season and those with aspirations to play 1st/2nd XI this season to attend these fitness training sessions. Fitness is one of many aspects considered at selection. However, everyone in the club is welcome and we will cater for all levels of fitness.

We will not be doing fitness training on the astro turf so please wear footwear suitable for grass / tarmac.

Ladies Pre-season Stick and Ball Training

Stick training will start on Wednesday 3rd August from 6:45 - 7:45pm. Please meet at 6:30pm for warm-up.

Ladies Full Training

Full training will start on Wednesday 31st August from 6:45 - 8:15pm (for 3rd & 4th XI) and from 6:45 - 8:45pm (for 1st & 2nd XI).

Please meet at 6:30pm for warm-up.

1st/2nd XI coaches: Keith Roper, Martine Green

3rd/4th XI coach: Rachel Darling (Sunders)

Matches

Sarah Mallion has arranged our first friendlies for Saturday 3rd September, with league matches starting a couple of weeks later. The League fixtures for this season are now available on Fixtures Live (with exception of 1st XI)

1st XI North Premier Div
2nd XI Cheshire Div 2
3rd XI Cheshire Div 3
4th XI Cheshire Div 5

The Ladies Committee for 2011 is as follows:

Ladies Club Captain	Juliette Old
Ladies 1st XI Captain	Donna Jones
Ladies 2nd XI Captain	Jane Bills
Ladies 3rd XI Captain	Susie Crawford
Ladies 4th XI Captain	Jackie Jones
Fixtures Secretary	Sarah Mallion
Vice Chair	Chris Hyden
Ladies Secretary	Debbie Roper

I look forward to seeing you all down for fitness and pre-season training!

If anyone has any questions, comments or suggestions, please let me or any of the committee know.

Thanks,

Juliette

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