

PRE-SEASON TRAINING



Umpire **specific** training sessions

Tuesday

Speed, Change of pace and run technique

Friday

Strength & Conditioning



12 weeks
(Jan - Mar)

First Session: January 9th

Last Session: March 22nd



Session Times
(1hr)

Tuesday: 5:30pm

Friday: 5:30pm

Why do Preseason **training?**

- Get fitter & stronger
- Make new friends
- Reduce the risk of injury



Ray Owen
Sports Centre

96 Gladys Rd, Lesmurdie

Register your interest now via



Text KDNA: 0498013557



Email: umpires@kalamundanetball.com.au