

## Strikers teams for Round 1

Players for Strikers 1 and 2 have been graded into teams for the commencement of the season next Sunday.

Players in Strikers 3, 4, and 5 have been graded into squads to assist with training this week. A final decision for teams for the first round will be made next week.

Selectors and coaches will be looking at performance of players over the first few rounds of competition. Player's grading may be changed during this time.

### Strikers 1

Jemma GK  
Irish  
Mel  
Jamie  
Amanda  
Nakia  
Kirsten  
Jennifer  
Brodee  
Lisa  
Hayley  
Zoe  
with Alex coming off the bench.

### Strikers 2

Linda (GK)  
Fanny  
Trina  
Alex  
Jolie  
Brooke  
Demi  
Sarah  
Angie  
Amelia  
Eunice  
Sophy  
Sam Coulter  
Tiarna  
with Maighan and Katie coming off the bench.

## SQUADS

Strikers 3	Strikers 4	Strikers 5
Abby	Liz (GK)	Kathleen (GK)
Zoe	Fiona Cross	Pate
Trina	Di	June
Jane S	Sarah V	Gillian
Rob	Fiona Greenwood	Lisa
Sue	Lyn Welsh	Lyn Roberts
Sam	Leah	Emily
Maighan	Jane E	Mary Ann
Maddie	Rochell	Cindy
Nicola	Jude	Sumeet
Teagan	Elizabeth	Lesley
Jodie	Anne C+	Tammy
Katie	Lyn Collette +	Glenda
Kylie		Candice
Jenny B		Gail +
		Marg Ras+

+ not yet graded

## CLUB DAY TO START THE SEASON!!!

The 2010 season commences with a split round due to City v Country.

ML1 and ML2 will be playing on Sunday 21<sup>st</sup> March with all of the remaining teams playing the following weekend on 28<sup>th</sup> March.

Let's get behind our 2 top teams and come out to support them on 21<sup>st</sup> March. Have fun!! Win some prizes! Bring a picnic lunch or nibbles (but no alcohol)

### Round 1 games on Sun 21<sup>st</sup> March are

1500 OP Strikers 2 v UTS 1

1630 OP Strikers 1 v UNSW 1

### Round 1 games on Sun 28<sup>th</sup> March are

'0900 F2 Strikers 4 v UNSW 3

'1500 OP Strikers 5 v UTS 4

'1800 OP Strikers 3 v UTS 3

See you there!!!

## Change to Fitness training on Thursday

This training session organised on Thursday night from 7.30 – 8pm on the grassed area near pitch 2 will now be organised by Alex Howard.

Alex is doing Exercise Science at UNSW and has just completed the Level 1 Strength and Conditioning Course. As part of her course and in order to Gain her certificate she has to run strength and conditioning training for a sports team for 20 hours over the next 6 months.

Alex is very keen to offer this to players.

There will be a change of venue for fitness training on Tuesday to same as Thursday. Time to be confirmed.

### Special Note

All players will need to have completed Registration Forms and paid \$150 deposit PRIOR to playing in round 1.

Forms are available from our website or at training.