

# Hockey Programme 2018- 2019



## COACHING TEAM - 2018-2019

Lead Performance Coach	Albert Marcano
Womens Performance Coach	Carol Savage
Mens 2/3's/ Club Coach	Nigel Stanhope
Womens 2/3's/ Club Coach	Mark Talbot
Club Coach & 1-3's support	Mark Worsley
Academy Head Coach	Albert Marcano
GK Specialist Coach	Rob Turner
Strength & Conditioning Instructor	Robbie Dagnell
Fitness Instructor	Rick Poole

## PRE SEASON PROGRAMME - 2018-2019

Saturday mornings	Mens and Womens 1's Squads	10-12pm	30th June to 25th August
Tuesday Nights	Mens and Womens Club training Teams 2-6's	7-8.30pm	17th July to 28th August
Tuesday Nights	Mens and Womens 1s's Squad	7.30-9.30pm	17th July to 28th August
Tuesday Nights	Academy (groups to be confirmed)	6-7pm	7th August to 28th August
Tuesday/ Saturday	GK Training - Performance keepers Invite only	3rd July 6-7pm, 7th Aug 6.30-8pm, 11th and 18th Aug 9.30-11am	
Strength & Conditioning	1 <sup>st</sup> Team Squads	7-8pm	11th, 18th, 25th June
	All hockey club members	7-8pm	5 <sup>th</sup> , 12, & 19 <sup>th</sup> & 26 <sup>th</sup> July
Club Fitness	Open to all Timperley Sports Club members, family and friends – £3 per session or £10 for all 5 weeks. Minimum number of 10 per session to run	7-7.45pm	2 <sup>nd</sup> Aug to 30 <sup>th</sup> August

## In SEASON 2018-2019 - TUESDAY NIGHT TRAINING PROGRAMME

### GREEN ASTRO

5.45 - 7pm	7-8.15pm	8.15- 9.45pm
	Mens Club Training	2/3's Training
	Womens Club Training	2/3's Training

### BLUE ASTRO

5.45- 7pm	7-8pm	8-10pm
U16's Boys	Development Group (Academy)	Mens 1's Squad
U16's Girls	GK Training - Rota tbc	Womens 1's Squad

### Thursday nights 7-9pm at Manchester Grammar school

Additional indoor training for Performance squads and U18's Boys and Girls –  
Schedule to be announced but will be from 4<sup>th</sup> Oct to 29<sup>th</sup> Nov (excludes 2 weeks 25<sup>th</sup> Oct and 1<sup>st</sup> Nov) -