

## DOLPHINS RISE PROGRAM DATES

DATE	TIME	AGE GROUPS	ACTIVITY	LOCATION	NOTES
<b>SUNDAY 10TH JULY</b>	8.15am - 9am	<b>ALL</b>	<b>INTRODUCTION</b>	DES WEBB PRES - LEAGUES CLUB	
	9am - 11.30am		<b>SESSION 1</b>	DICK TOSSER TURNER COMPLEX	
<b>MONDAY 25TH JULY</b>	5.30pm - 8pm	U13 & U14 MALE	<b>SESSION 2</b>	DICK TOSSER TURNER COMPLEX	
<b>MONDAY 1ST AUG</b>	5.30pm - 8pm	U15 MALE & U13 - U16 FEMALE	<b>SESSION 2</b>	DICK TOSSER TURNER COMPLEX	
<b>MONDAY 8TH AUG</b>	5.30pm - 8pm	U13 & U14 MALE	<b>SESSION 3</b>	DICK TOSSER TURNER COMPLEX	
<b>MONDAY 15TH AUG</b>	5.30pm - 8pm	U15 MALE & U13 - U16 FEMALE	<b>SESSION 3</b>	DICK TOSSER TURNER COMPLEX	
<b>MONDAY 29TH AUG</b>	5.30pm - 8pm	U13 & U14 MALE	<b>SESSION 4</b>	DICK TOSSER TURNER COMPLEX	
<b>MONDAY 5TH SEPT</b>	5.30pm - 8pm	U15 MALE & U13 - U16 FEMALE	<b>SESSION 4</b>	DICK TOSSER TURNER COMPLEX	
<b>MONDAY 12TH SEPT</b>	5.30pm - 8pm	U13 & U14 MALE	<b>SESSION 5</b>	DICK TOSSER TURNER COMPLEX	
<b>MONDAY 19TH SEPT</b>	5.30pm - 8pm	U15 MALE & U13 - U16 FEMALE	<b>SESSION 5</b>	DICK TOSSER TURNER COMPLEX	
<b>FRIDAY 23RD SEPT</b>	8am - 4pm	ALL	<b>GALA DAY</b>	DICK TOSSER TURNER COMPLEX	
<b>SATURDAY 24TH SEPT</b>	8am - 4pm	ALL	<b>GALA DAY</b>	DICK TOSSER TURNER COMPLEX	

## DOLPHINS RISE PROGRAM

### SESSION 1

DATE	TIME	AGE GROUPS	ACTIVITY	ACTIVITY	LOCATION
SUNDAY 10TH JULY	8.15am - 9am	ALL	PARENTS & PLAYER INTRODUCTION		DES WEBB PRES - LEAGUES CLUB
	9am - 9.30am	ALL	PREPARE TO PLAY PROGRAM		DICK TOSSER TURNER COMPLEX
	9.30am - 10.30am	ALL	PHYSICAL TESTING		DICK TOSSER TURNER COMPLEX
			ATTACK	DEFENCE	DICK TOSSER TURNER COMPLEX
	10.30am - 11.00am	U13	GROUP 1 & 2	GROUP 3 & 4	
		U14	GROUP 1 & 2	GROUP 3 & 4	
		U15	GROUP 1	GROUP 2	
		GIRLS	GROUP 1		
			ATTACK	DEFENCE	DICK TOSSER TURNER COMPLEX
	11.00am - 11.30am	U13	GROUP 3 & 4	GROUP 1 & 2	
		U14	GROUP 3 & 4	GROUP 1 & 2	
		U15	GROUP 2	GROUP 1	
		GIRLS		GROUP 1	
	12.00pm		CLOSE		