



ADELAIDE UNIVERSITY FOOTBALL CLUB INC.

ESTABLISHED 1906: FOUNDER CLUB S.A.A.F.L. 1911
ABN: 87 299 322 696



2015 AUFC Pre-Christmas (Nov – Dec 2014)

Week Starting Monday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nov 10 th	Training Main Oval 6:00pm		Training Main Oval 6:00pm			Main Oval 8:00am – 8:45am	
Nov 17 th	Training Main Oval 6:00pm		Training Main Oval 6:00pm			Beach/Run or Cycle 8:00am – 8:45am	
Nov 30 th	Training Main Oval 6:00pm		Training Main Oval 6:00pm			Main Oval 8:00am – 8:45am	
Nov 24 th	Training Main Oval 6:00pm		Training Main Oval 6:00pm			Beach/Run or Cycle 8:00am – 8:45am	
Dec 1 st	Training Main Oval 6:00pm		Training Main Oval 6:00pm			Main Oval 8:00am – 8:45am	
Dec 8 th	Training Main Oval 6:00pm		Training Main Oval 6:00pm		Adelaide Test Day 1	Adelaide Test Day 2	Adelaide Test Day 3
Dec 15 th	Adelaide Test Day 4	Adelaide Test Day 5	Training Main Oval 6:00pm BBQ/BEERS				
Dec 22 nd				Christmas Day	Boxing Day		

- Hot Weather: Training will not be canceled but modified as appropriate
- A BBQ & DRINKS will follow the session on Wednesday Dec 17th session at Main Oval
- Training singlet's available at every session
- Saturday Beach runs. Meet @ Seacliff Yacht Club @ 7am sharp. Contact Wes if need more information
- Saturday Cycle, Meet @ TBA. Contact Damien if need more information
- Saturday Run. Meet @ TBA. Contact Tom if need more information
- Contact Numbers:
 - John Paynter: 0488666088
 - Tom Walker: 0438716787
 - Simon Sharley: 0410054359
 - Damien Cunningham: 0404166879
 - Lukas Antoniadis: 0402401672
 - Wes Legrand: 0400237942