

8th December 2015

MEDIA RELEASE

Capital League Information Night

Location: Alexander Park Club Rooms

When: Thursday 10th December 2015

Time: 6.30pm

The Board of Hockey Albury Wodonga have appointed the following Head Coaches for 2016.

- Capital League Men: Andrew Monte
- Capital League Women: Ian Beath

Further details of assistant coaches and managers will be made known in due course.

Information will be made available on Thursday on:

- **Capital League Season 2016**

Division	Start	Rounds	Finish Rounds
CL 1 Women	23/04/2016	18 plus finals	17/09/2016
CL 1 Men	09/04/2016	21 plus finals	17/09/2016

Player nomination requirements

Preseason

- Over view - Background fitness overview
- First formal training, proposed training January/February
- Selection of squad and shadow players 1st March 2016.
- Capital League Budget outline