

8<sup>th</sup> December 2015

**MEDIA RELEASE**

**Capital League Information Night**

**Location:** Alexander Park Club Rooms

**When:** Thursday 10<sup>th</sup> 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 1<sup>st</sup> March 2016.
- Capital League Budget outline