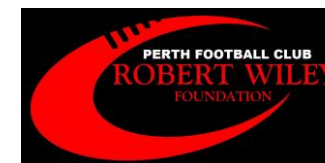




2017 RWF XVI's PROGRAM

TRAINING SCHEDULE

As at 25/01/2017



NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 – Melbourne Cup	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

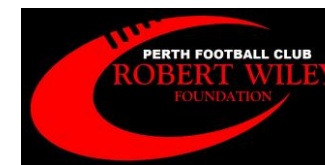




2017 RWF XVIs PROGRAM

TRAINING SCHEDULE

As at 25/01/2017



DECEMBER 2016						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11 – INDUCTION Lathlain Park 10:00am-1:30pm Carlisle Reserve
12	13	14	15	16	17	18
19	20	21	22	23	24	25 – Christmas Day
26 – Boxing Day, Public Holiday	27 – Christmas Day, Public Holiday	28	29	30	31	

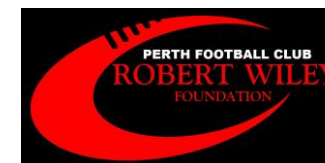




2017 RWF XVI's PROGRAM

TRAINING SCHEDULE

As at 25/01/2017



JANUARY 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 – New Year's Day
2 – New Year's Day, Public Holiday	3	4	5	6	7	8
9	10	11	12	13	14	15 – Training RE 10:00am – 12:00pm Raphael Park, Geddes & Gloucester Sts
16	17	18 – Training RE 5:30pm – 7:00pm Parnham Reserve Star & Mercury Sts	19	20	21	22 – Scratch Match 10:00am- 12:00pm Lancelin TW
23	24	25 – Training RE 5:30pm – 7:00pm Parnham Reserve Star & Mercury Sts	26 – Australia Day, Public Holiday	27	28	29 – Scratch Match 10:00am- 12:00pm Gosnells Oval Gosnells TW
30	31					





2017 RWF XVIs PROGRAM

TRAINING SCHEDULE

As at 25/01/2017



FEBRUARY 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 – Training 5:30pm – 7:00pm Parnham Reserve Star & Mercury Sts	2	3	4	5 – Training 10:00am – 12:00pm Parnham Reserve Star & Mercury Sts
6 – FINAL SQUAD ANNOUNCED	7 – Advise Players	8 – Advise Players	9	10 – Gym Induction 4:00pm-5:00pm Gym Lathlain Park	11	12 – Combine Testing ECU 11:00am – 1:00pm Joondalup
13	14	15 – Training 5:30pm – 7:00pm Parnham Reserve Star & Mercury Sts	16	17 – Gym Induction 4:00pm-5:00pm Gym Lathlain Park	18	19 – Training 10:00am – 12:00pm Parnham Reserve Star & Mercury Sts
20	21	22 – Training 5:30pm – 7:00pm Parnham Reserve Star & Mercury Sts	23	24 – Gym Induction 4:00pm-5:00pm Gym Lathlain Park	25 – CAMP 10am Depart Lathlain 1pm Arr. Cervantes	26 – CAMP 9am Depart Cervantes 1pm Arr. Lathlain
27	28					

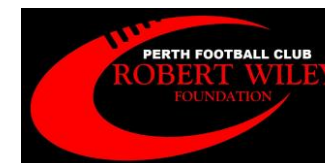




2017 RWF XVIs PROGRAM

TRAINING SCHEDULE

As at 25/01/2017



MARCH 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 – Training 5:30pm – 7:00pm Parnham Reserve Star & Mercury Sts	2	3 – Vs. WPFC 4 x 15 mins 5:00pm HBF Arena	4	5
6 - Labour Day, Public Holiday	7	8 – Training 5:30pm – 7:00pm Parnham Reserve Star & Mercury Sts	9	10	11 – Rd01 Vs BHDC 10:00am-1:00pm Banksia Hill	12 – Workshop 10:00am-2:00pm Lathlain Park Parnham Reserve
13	14	15	16	17	18 – Rd02 Vs SDFC 5:00pm Steel Blue Oval	19 Recovery & Review 8:00am Lathlain Park
20	21	22 – Training 5:30pm – 7:00pm Parnham Reserve Star & Mercury Sts	23 – AFL Rd01	24	25 – Rd03 Vs SFC 8:30am Medibank Stadium	26
27	28	29 – Training 5:30pm – 7:00pm Parnham Reserve Star & Mercury Sts	30	31		

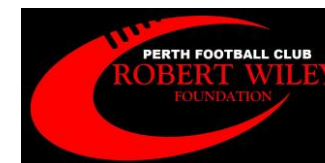




2017 RWF XVIs PROGRAM

TRAINING SCHEDULE

As at 25/01/2017



APRIL 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 – Rd04 Vs. CFC 4:30pm (S/S 6:13pm) Lathlain Park	2 – Recovery & Review 8:00am Lathlain Park
3	4	5 – Training 5:30pm – 7:00pm Parnham Reserve Star & Mercury Sts	6	7	8 – Rd05 Vs. EFC 2:00pm ATOM Stadium	9 – Recovery & Review 8:00am Lathlain Park
10 – XVIs Medical Screening	11 – Rd06 Vs. PTFC 12:00pm BBS Oval	12 – Gym Induction 11:00am-1:00pm Gym Lathlain Park	13 – XVIs Medical Screening	14 – Good Friday, Public Holiday	15 – WA 16s Trial Match 01 T.B.C.	16 – Easter Sunday
17 – Easter Monday Public Holiday	18	19 – Gym Induction 11:00am-1:00pm Gym Lathlain Park	20 – XVIs Medical Screening	21 – XVIs Medical Screening	22 – WA 16s Squad Induction T.B.C.	23
24	25 – ANZAC Day, Public Holiday	26	27	28	29	30

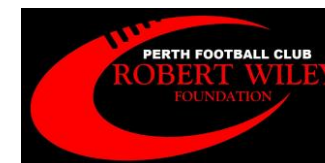




2017 RWF XVIs PROGRAM

TRAINING SCHEDULE

As at 25/01/2017



MAY 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5 – Gym Induction 4:00pm-5:00pm Gym Lathlain Park	6	7
8	9	10	11	12 – Gym Induction 4:00pm-5:00pm Gym Lathlain Park	13	14
15	16	17	18	19 – Gym Induction 4:00pm-5:00pm Gym Lathlain Park	20	21
22	23	24	25	26 – Gym Induction 4:00pm-5:00pm Gym Lathlain Park	27	28
29	30	31				

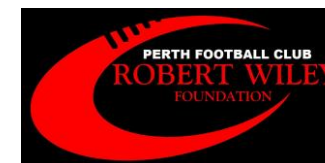




2017 RWF XVIs PROGRAM

TRAINING SCHEDULE

As at 25/01/2017



JUNE 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 – Gym Induction 4:00pm-5:00pm Gym Lathlain Park	3	4
5 – WA Day, Public Holiday	6	7	8	9 – Gym Induction 4:00pm-5:00pm Gym Lathlain Park	10	11
12	13	14	15	16 – Gym Induction 4:00pm-5:00pm Gym Lathlain Park	17	18
19	20	21	22	23 – Gym Induction 4:00pm-5:00pm Gym Lathlain Park	24	25
26	27	28	29	30 – Gym Induction 4:00pm-5:00pm Gym Lathlain Park		

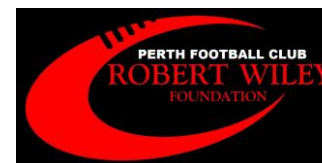




2017 RWF XVIs PROGRAM

TRAINING SCHEDULE

As at 25/01/2017



JULY 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

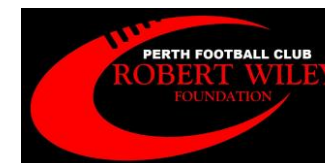




2017 RWF XVIs PROGRAM

TRAINING SCHEDULE

As at 25/01/2017



AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			





2017 RWF XVI's PROGRAM

TRAINING SCHEDULE

As at 25/01/2017



SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24 – WAFL Grand Final
25 Queen's BD PH	26	27	28	29	30 – AFL Grand Final	

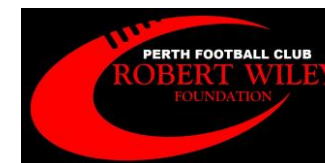




2017 RWF XVI's PROGRAM

TRAINING SCHEDULE

As at 25/01/2017



OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

