

# Marist North Harbour Rugby Club

## Pre Season Dates – as at 12/02/10

### Contacts:

- See below – A key contact for each of our 4 Senior teams is listed
- Please ensure you communicate your availability so as we can track all players.
  - \* Ensure you text your name with all text sent as we may not recognize numbers.

Prem Coach: **James Iversen**

Mob: 021 894 445

Email: [jamesiversen@nzrugbyresources.com](mailto:jamesiversen@nzrugbyresources.com)

Senior 1<sup>st</sup>: **Peter McDonald**

Mob: 0272 757 960

Email: [peter.mcdonald@transdiesel.co.nz](mailto:peter.mcdonald@transdiesel.co.nz)

Under 21: **Rowan Sabin**

Mob: 021 611 702

Email: [robysabin@hotmail.com](mailto:robysabin@hotmail.com)

Under19: **Casey Clark**

Mob: 021 676 209

Email: [citj@clear.net.nz](mailto:citj@clear.net.nz)

### Pre Season Trainings (6.15pm for a 6.30pm Start)

**\*Trainings at Mairangi Bay you need Running Shoes/Towel/Water Bottle**

**\* Trainings at the Club you need Running Shoes/Boots/ Rugby Jersey**

### February:

<b>16<sup>th</sup></b>	Tues	<b>Conditioning</b>	<b>Mairangi Bay Beach</b>
<b>18<sup>th</sup></b>	Thurs	<b>Training &amp; Conditioning</b>	<b>Club</b>
<b>23<sup>rd</sup></b>	Tues	<b>Games – Internal Trial (All 4 Teams)</b>	<b>Marist Club</b>
<b>25<sup>th</sup></b>	Thurs	<b>Conditioning</b>	<b>Mairangi Bay Beach</b>
<b>27<sup>th</sup></b>	Sat	<b>Games vs. University (All 4 Teams)</b>	<b>TBC</b>

### March:

\* The 1st hr of each training through March will be Conditioning for all Teams (Done as 1 large squad)

<b>2<sup>nd</sup> &amp; 4<sup>th</sup></b>		<b>Team Trainings &amp; Conditioning</b>	<b>Club</b>
<b>6<sup>th</sup></b>	Sat	<b>Game vs. Kamo Club (Prems &amp; Snr 1st)</b>	<b>TBC</b>
		<b>Warm up Games for U21 &amp; U19</b>	<b>TBC</b>
<b>9<sup>th</sup> &amp; 11<sup>th</sup></b>		<b>Team Trainings – Prep for Spillane</b>	<b>Club</b>
<b>13<sup>th</sup> &amp; 14<sup>th</sup></b>		<b>Spillane – 2 Games (Prems &amp; Snr 1<sup>st</sup>)</b>	<b>Hasting</b>
		<b>Warm up Games for U21 &amp; U19</b>	<b>TBC</b>
<b>16<sup>th</sup> &amp; 18<sup>th</sup></b>		<b>Team Trainings &amp; Conditioning</b>	<b>Club</b>
<b>20<sup>th</sup></b>		<b>Training Day (Prems &amp; Snr 1<sup>st</sup>)</b>	<b>Whangaparoa</b>
		<b>Warm up Games for U21 &amp; U19</b>	<b>TBC</b>
<b>23<sup>rd</sup> &amp; 25<sup>th</sup></b>		<b>Team Trainings &amp; Conditioning</b>	<b>Club</b>

\* **Competition Starts**    **27<sup>th</sup> March Premiers vs. Northcote @Helensville**  
**10<sup>th</sup> April Senior 1<sup>st</sup> /U21's/U19's**