

Hi All

With the current COVID restrictions we will look to commence pre-season training on Monday 22nd February. It was fantastic to see so many umpires at training last Wednesday. I will send out the training programme next Sunday but for this week can the field and boundary umpires please look to:

Monday:

4-6km run at your 60% pace

Wednesday:

3 x 1km runs with a 500m jog recovery, at your 70% pace

If you have not completed any base training, that is fine, just go for a run.

All goal umpires will be directed by Graeme.

Just a reminder that if you have not registered for 2021, please follow the link below as it makes it very time-consuming sending communication emails to both the 2020 and 2021 list.

<https://membership.sportstg.com/regofrm.cgi?aID=7427&pKey=f3859fe5ce80624574164e32ea0d983a&cID=20104&formID=37437>

See you on the track

Mark