

Hi All,

Hopefully, you all had a great weekend, the weather was cold, but dry so this presented a great opportunity to get out and have a run.

When faced with any challenge in life, you have two options in which to tackle the challenge. Be negative, look at blaming others for your position and do nothing to improve the position you are in. Or look for the positives, embrace the challenge and do things that you may not have had the opportunity to do so, or try something different.

This weekend break in community footy, I believe presents a positive opportunity to take time out from footy, maybe get that niggling injury right or spend time with family, that at times becomes very demanding in a football season. I had the opportunity to mow the lawns, something simple but different and that provided a positive outcome. Again, the choice is yours, we have all been here before, so let us take a breath and let it fold out for next weekend.

The appointments for next weekend are being sorted and you will receive them as normal on Wednesday at 12 noon. Please look to have a run on Tuesday and Thursday, as normal, when you can.

We have adjusted training to reflect this week off training. The Thursday before the long weekend we will now train, but no coaching session. We will return to a field umpires coaching session on Thursday 16<sup>th</sup> June after the Queen's Birthday weekend.

<b>Week Commencing Monday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Weekend</b>
<b>31 May</b>	No MacKillop Academy	Personal Training	Personal Training	
<b>7 June</b>	MacKillop Academy for MacKillop students only 3.30-4.30pm	Training	Training	No Div. 1, 2 or Senior Women or Juniors <b>ONLY Div. 3 Seniors and Reserves</b>
<b>14 June</b>	<b>Queen's Birthday Holiday</b>	Training	Training-Skills Field umpires coaching session	
<b>21 June</b>	MacKillop Academy for MacKillop students only 3.30-4.30pm	Training	Training-Skills	
<b>28 June</b>	School Holidays	Training	<i>Training Optional</i>	<b>No Juniors</b>
<b>5 July</b>	School Holidays	Training	Training-Skills	

Let's hope I will see you on the track soon.

Mark