

FINAL ARRANGEMENTS

LACROSSE SCOTLAND SQUAD (WOMEN)

15 & 16 December 07, EDINBURGH – 8.45am for 9am start

Weekend Organisers: Annabel Thorburn, 07801 366 163; Emily Knight 07887 854 839
Please get in touch with Annabel or Emily if you have any questions about the weekend.

PROGRAMME FOR THE SQUAD – PLEASE NOTE THAT WE ARE PLAYING AT DIFFERENT VENUES ON SATURDAY AND SUNDAY

Saturday 15th December – FETTES

NB - We will not be stopping for lunch but will have 2 half hour breaks instead – everyone must ensure they eat and drink enough during these breaks.

08:45 – 09:00 Arrive and register at Westwoods, Fettes

09:00 – 09:30 Meeting and introduction from coach

09:30 – 11:00 Warm up and Fitness in sports hall – REMEMBER CORRECT FOOTWEAR AND KIT FOR INDOORS & OUT

11.00 – 11:30 Break / Move up to top pitches - SNACK / LUNCH

11.30 – 13:30 Morning session begins

13:30 – 14:00 Break - SNACK / LUNCH

13:30 – 15:30 Physio Sessions – Jules from FASIC will be seeing players in 10min slots

14:00 – 15:30 Afternoon session begins

15:30 – 15:45 Break / Move down to classroom

15:45 – 16:45 Meeting in classroom – REMEMBER TO BRING NOTEBOOK AND PEN

16:45 Free to leave

16:45 – 17:15 Martha meeting with players group

Sunday 16th December – PEFFERMILL

09:00 – 09:10 Arrive at Peffermill

09:15 – 12:30 Begin warm-up on pitches and morning session (with correct footwear etc)

09:30 – 11:30 Physio Sessions – Jules from FASIC seeing players in 10min slots

12:30 – 13:30 Lunch - REMEMBER TO BRING LUNCH WITH YOU

13:30 – 15:30 Afternoon session begins

16:30 Free to leave / players feedback

PAYMENT AND FORMS

The squad weekend will cost £30 for workers, £25 for non-workers. Bring your money and be prepared to pay in the breaks on Saturday. You can pay in cash or by cheque (payable to Lacrosse Scotland).

WHAT YOU NEED

Packed lunch, snacks for during the day, lots of fluids

Money / Cheque book (to pay for this squad weekend), notebook and pen

Footwear for grass, astroturf, **indoors**, lacrosse kit (including mouthguard)

Warm clothes, waterproofs, change of clothes in case of bad weather

PHYSIO (NOVEMBER WEEKEND)

If any of you want physio on Sat/Sun, please could you email playersgp@googlemail.com and write **FAO Emily Knight – Physio** in the subject window to let her know – so that she can put you on the list

WEEKEND ORGANISERS

Kate Boxer

Caroline McCosh

Agnes Heriaud

Emily Knight

Diana McCosh

Annabel Thorburn

Fiona McIntyre

Sarah Nisbet