

YOUR ATTENDANCE IS REQUIRED AT TRAINING

With numerous formal events & functions throughout the year, it's important that we make an effort to get fit.

JOIN US FOR THE ANNUAL

FATHERS DRINKS TRAINING SESSION

An informal gathering of Joeys fathers discussing gameplans
& tactics for life at SJC's most iconic training facility

THE ROWING BOATSHED AT TARBAN CREEK

DATE: Friday May 19th
TIME: 3.15pm – 8.00pm

AMPLE RE-HYDRATION FLUIDS (BEER & WINE)
AND PROTEIN SUPPLEMENTS (BBQ) WILL BE PROVIDED

RSVP: 5pm Friday May 12
at shop.joey.org/events



VENUE: SJC Boatshed, Tarban Creek
COST: \$50 (includes food & drink)

DRESS: Whatever you're wearing + footy socks

**TRAINING SPOTS ARE LIMITED
SO PLEASE BOOK EARLY!**

enquiries to Simon MacRae
0455 655 755 momacrae@mac.com