

YOUR ATTENDANCE IS REQUIRED AT TRAINING

With numerous formal events & functions throughout the year, it's important 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 19 May
TIME: 3.15pm – 8.00pm

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

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



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