

Preparation for Wildcats 2023 Trials

HOW TO BE YOUR BEST WILDCAT

STEP 01 REGISTER!

Make sure you register early! If your circumstances change and you cannot trial, let the club know as early as possible.



STEP 02 PreTrial Fitness (Seniors/Inters Only)

The club has extended an invitation for several Pre-Trial Fitness Sessions on Tuesday nights in January (Please join the Facebook Group for details - [Click Here](#))



STEP 03 Hydrate

Keep an eye on the temperature in the lead up to Trials and make sure to drink adequate amounts of water before, during and after.



STEP 04 Arrive on time and prepared

PLEASE ARRIVE ON TIME
This allows us to warm up and get through the trials and finish on time.

PLEASE REMEMBER
BRING a Drink Bottle
NO Club Training Tops to be worn
NO Jewellery
CHECK when you are required on court
ALL communication is through the Trial Convenor

