**MCTA - WET WEATHER PROGRAM**

In the event of wet weather, Stonecutters Golf and Country Club have set aside a desgnated indoor area for MCTA to train. All MCTA members are to assemble outside of Stonecutters Golf and Country Club under the shelter. Fitness and sporting activities will be conducted by the coaches which will include but not be limited to: -

**STRENGTH AND CONDITIONING.**

eg. Resitance Bands / Core Strength / General Fitness / Stretching.

**FOOTWORK, AGILITY AND BALANCE.**

eg. Agility Ladders / Reaction Balls / Cones.

**SPEED AND ENDURANCE.**

eg. Beep Test / Suicides / Sprints / Cardio Tennis.

**VOLLEYS AND RACQUET SKILLS.**

eg. Using the wall and softer balls.

**TEAM BUILDING.**

eg. Dodge Ball / Relays / Tic Tac Toe.

**MULTI-SPORT CROSS-TRAINING.**

eg. Basketball / Soccer / Cricket / Softball.