



Friday, January 20, 2012

## Firebirds ready to go back to back

AFTER a perfect season in 2011, the Mission Queensland Firebirds are going into 2012 with the aim of doing what no other ANZ Championship team has done – a back to back premiership.

The team is ready to work hard to defend their title and are ready to get back into pre-season training.

The first session back for the team is Monday, January 23 and Coach Rose Jencke has an intense program worked out for the team.

In their first official week back in training, the players will notch up seven separate sessions as well as keeping up with their day jobs.

Jencke said in order to get the players fit to endure the stress of elite competition they do a lot of interval and strength training.

“There is a lot of variety with the interval training which will be done on court, outside on the QAS fields and at Toohey Forest,” she said.

“During January and February the coaching staff will work with the players on sharpening their basic skills and court craft introducing match play against the men so they are prepared when we undertake our first pre-season match play against several ANZ Teams in Auckland in March.”

Jencke said a lot of organisation is required for pre-season training including evaluating players’ fitness and skill level, assessing players goals for the season, correcting skill technique and re-establishing on court combinations for optimum performance, as well as setting the Firebirds strategies and direction on and off the court.

“We will be ensuring key standards are set and we are achieving our targets before our first game against the Vixens,” she said.

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The first few weeks will be the toughest for the team and they will work on sprint technique, ladder drills, small sided games and stair work at Toohey Forest.

Jencke said because the player's base standard of fitness is good, it won't take them long to reach peak fitness.

The media are invited to attend the Mission Queensland Firebirds first day of training for interviews with key players.

**WHAT:** Mission Queensland Firebirds First On Court Training Session

**WHEN:** Monday, January 23

**WHERE:** Queensland Academy of Sport, Kessels Road, Nathan

**TIME:**

**3.45pm-4.15pm:** Key Player and Coach Interviews (PLEASE NOTE TO REQUEST INTERVIEWS WITH SPECIFIC PLAYERS, PLEASE CALL MEDIA MANAGER CHRISTINE MUNSON on 0439 779 069)

**4.30pm-4.45pm:** The Mission Queensland Firebirds will take the court and run some drills for photo and filming purposes.

#### Media enquiries

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