

VMMNA STATE PROGRAM SESSIONS 2024 (pre-Xmas)		
Sunday 17 November 2024	VMMNA state training	
Monday 18 November 2024		
Tuesday 19 November 2024		
Wednesday 20 November 2024	Mleague	
Thursday 21 November 2024		
Friday 22 November 2024		
Saturday 23 November 2024		
Sunday 24 November 2024	VMMNA state training	
Monday 25 November 2024		
Tuesday 26 November 2024		
Wednesday 27 November 2024	Mleague	Final round
Thursday 28 November 2024		
Friday 29 November 2024		
Saturday 30 November 2024		
Sunday 1 December 2024	VMMNA state training	
Monday 2 December 2024		
Tuesday 3 December 2024		
Wednesday 4 December 2024	Mleague	Finals
Thursday 5 December 2024		
Friday 6 December 2024		
Saturday 7 December 2024		
Sunday 8 December 2024	VMMNA state training	
Monday 9 December 2024		
Tuesday 10 December 2024		
Wednesday 11 December 2024	Mleague	Finals
Thursday 12 December 2024		
Friday 13 December 2024		
Saturday 14 December 2024		
Sunday 15 December 2024	VMMNA state training	
Monday 16 December 2024		
Tuesday 17 December 2024		
Wednesday 18 December 2024	Mleague	Grand final
VMMNA STATE PROGRAM SESSIONS 2025 (post-Xmas)		
Sunday 19 January 2025	VMMNA state training	All squad
Monday 20 January 2025		
Tuesday 21 January 2025		
Wednesday 22 January 2025	VMMNA state training	All squad
Thursday 23 January 2025		
Friday 24 January 2025	No training long weekend	
Saturday 25 January 2025		
Sunday 26 January 2025	No training long weekend	
Monday 27 January 2025		
Tuesday 28 January 2025		
Wednesday 29 January 2025	VMMNA state training	Part squad - alternating
Thursday 30 January 2025		
Friday 31 January 2025	VMMNA state training	Part squad - alternating
Saturday 1 February 2025		
Sunday 2 February 2025	VMMNA state training	All squad
Monday 3 February 2025		
Tuesday 4 February 2025		
Wednesday 5 February 2025	VMMNA state training	Part squad - alternating
Thursday 6 February 2025		
Friday 7 February 2025	VMMNA state training	Part squad - alternating
Saturday 8 February 2025		
Sunday 9 February 2025	VMMNA state training	All squad
Monday 10 February 2025		
Tuesday 11 February 2025		
Wednesday 12 February 2025	VMMNA state training	Part squad - alternating

Thursday 13 February 2025		
Friday 14 February 2025	VMMNA state training	Part squad - alternating
Saturday 15 February 2025		
Sunday 16 February 2025	VMMNA state training	All squad
Monday 17 February 2025		
Tuesday 18 February 2025		
Wednesday 19 February 2025	VMMNA state training	Part squad - alternating
Thursday 20 February 2025		
Friday 21 February 2025	VMMNA state training	Part squad - alternating
Saturday 22 February 2025		
Sunday 23 February 2025	VMMNA state training	All squad
Monday 24 February 2025		
Tuesday 25 February 2025		
Wednesday 26 February 2025	VMMNA state training	Part squad - alternating
Thursday 27 February 2025		
Friday 28 February 2025	VMMNA state training	Part squad - alternating
Saturday 1 March 2025		
Sunday 2 March 2025	VMMNA state training	All squad
Monday 3 March 2025		
Tuesday 4 March 2025		
Wednesday 5 March 2025	VMMNA state training	All squad
Thursday 6 March 2025		
Friday 7 March 2025	No training long weekend	
Saturday 8 March 2025		
Sunday 9 March 2025	No training long weekend	
Monday 10 March 2025		
Tuesday 11 March 2025		
Wednesday 12 March 2025	VMMNA state training	Part squad - alternating
Thursday 13 March 2025		
Friday 14 March 2025	VMMNA state training	All squad
Saturday 15 March 2025		
Sunday 16 March 2025	VMMNA state training	All squad
Monday 17 March 2025		
Tuesday 18 March 2025		
Wednesday 19 March 2025	VMMNA state training	Part squad - alternating
Thursday 20 March 2025		
Friday 21 March 2025	VMMNA state training	All squad
Saturday 22 March 2025		
Sunday 23 March 2025	VMMNA state training	All squad
Monday 24 March 2025		
Tuesday 25 March 2025		
Wednesday 26 March 2025	VMMNA state training	Part squad - alternating
Thursday 27 March 2025		
Friday 28 March 2025	VMMNA state training	All squad
Saturday 29 March 2025		
Sunday 30 March 2025	VMMNA state training	All squad
Monday 31 March 2025		
Tuesday 1 April 2025		
Wednesday 2 April 2025	VMMNA state training	Part squad - alternating
Thursday 3 April 2025		
Friday 4 April 2025	VMMNA state training	All squad
Saturday 5 April 2025		
Sunday 6 April 2025	VMMNA state training	All squad
Monday 7 April 2025		
Tuesday 8 April 2025		
Wednesday 9 April 2025		
Thursday 10 April 2025		
Friday 11 April 2025	Final training	All squad
Saturday 12 April 2025	Nationals begins	
Saturday 19 April 2025	Grand finals	