

A Week in the Life of ... Jamie Dwyer



Monday

I usually get up around 9:30am after a tough game on the Sunday. My flatmate (Luke Doerner) and I have some breakfast and then get into the car and on our way to gym. It's a twenty minute drive from our place in Amsterdam to the fitness centre that is in Bloemendaal. Bloemendaal is the club that I play for.

After an hour and a half in the gym and thirty minutes in the sauna I head back to Amsterdam. After getting home, it's then lunch time and then time to check emails and other internet stuff. Then off to my girlfriend's place for a yummy dinner and a movie.



Tuesday

On most Tuesday mornings like this one Luke and I get on our bikes and go for a ride through Amsterdam. Today we decided to go to the history museum. Luke's girlfriend and my sister, who are here on holidays, both join us.

We have some lunch in the city and then go home to get ready for training. We arrive at training two hours before our training session because we both coach the junior players.

So after two hours of coaching the juniors it's then into our training. I meet all my team mates in the change rooms before heading out for an hour running session. After we finish the running its then into two hours of stick and ball. After a pretty hard session we hit the showers before the club serves up dinner for the whole team. Then it's back home and into bed around 11:30pm.

Wednesday

This Wednesday morning I had to go down south to Delft, that's where my stick sponsor Grays are. After picking up a few sticks, grips and shirts I was heading to the gym.



Teun De Nooijer

On Wednesdays I meet Teun De Nooijer, Karel Klaver and a few other team mates for a hard gym session. Wednesday nights are pretty cruisey and most times we go into town and have dinner.



Karel Klaver

Thursday

Thursday mornings are pretty relaxed. I head down to a phone centre and give family and friends a call back in Australia. I check my emails while I'm there and then head home for some lunch. Thursday trainings are similar to Tuesdays but without the running. It's the most intense training of the week and usually you leave the session with tired legs.

The same as Tuesdays, after training we have a dinner prepared for the team. After that its home for a good night's sleep, or as they say over here in Holland, a lekker slaapen.



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Friday

This week, Luke, his girlfriend, my sister and I decided to go for a drive up to the north of Holland. We arrived at a place called Marken. It was a really small cottage and the people there looked like Holland was thirty years ago. They were still wearing clogs. It was a very beautiful little fishing town.



On Friday nights we have training again. It usually takes an hour to get to Bloemendaal from Amsterdam on Fridays because of the traffic. After the long trip we get into training again. Fridays are usually set drills like corners and free hits outside the circle and that kind of thing. After training we again have dinner prepared.

When I get home I usually go for a ride through the city. There is a lot going on on Friday nights, it's good to go out and see the sites but sometimes it's just too cold.

Saturday

This is the most relaxing day of the week. In the morning I go to the markets and then to a place for lunch. I go to the same place every Saturday for lunch with my girlfriend. It's called Baton and I think it's the best lunch place I have ever been to. Saturday afternoon I don't get up to much at all. I just watch a movie or go for a walk. Saturday night I cook up a nice lasagne and then off to bed.

Sunday

I love Sundays because its game day.

This week we are playing HCKZ. They have a few good players and it should be a good contest. At 12:30pm the team meets at someone's place to have some lunch and the team talk. At 1:30pm we head to the ground, get changed and start the warm up. We play every Sunday at 2:45pm. One week at our home ground and the next week is away - similar to Rugby League and AFL.

Five minutes before the game the crowd starts to get pretty big. Today we got about two thousand people to the game. That's about normal, but when the finals are on, you get about six or seven thousand people to the game. We end up winning the game quite easily in the end.

After the game all the team and supporters go to the clubhouse for a few drinks and some food. It is a great atmosphere after the games on Sundays.

And that sums up a week in my life.

