



## Welcome MEN to the 2023 season at Knox Churches Soccer Club!

We are looking forward to a great season ahead, starting with preseason training as scheduled below! Please **CHECK** start time and arrive **15 MINUTES EARLIER** than the start time for each preseason session. **If you cannot attend a preseason training session, please advise Stephen Mawson (0408 208 602), via text with your name**, with as much notice as possible. Attendance at preseason training may affect team selection.

**MUST BRING TO ALL SESSIONS: RUNNERS, football boots, shin pads, sports clothing, WATER BOTTLE.**

DAY	DATE	VENUE	START TIME
Monday	16 January	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Introduction, fitness training, skills session	6:30pm
Wednesday	18 January	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Monday	23 January	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Wednesday	25 January	<b>Australia Day - NO CLUB TRAINING (do your own 30 min session)</b>	
Monday	30 January	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Wednesday	1 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Monday	6 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Wednesday	8 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • <b>REGISTRATION NIGHT</b> , fitness training, skills session	6:30pm
Monday	13 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Wednesday	15 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
Monday	20 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Rd, Knoxfield • Club warmup, Squad Training	6:30pm
Wednesday	22 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
Monday	27 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
Wednesday	1 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
Monday	6 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
Wednesday	8 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
Monday	13 March	<b>Labour Day - NO CLUB TRAINING (do your own 30 min session)</b>	
Wednesday	15 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Monday	20 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Wednesday	22 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Monday	27 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Wednesday	29 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Rd, Knoxfield • Club warmup, Squad Training, <b>SEASON LAUNCH</b>	7:00pm
Wednesday	5 April	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm

**Practice matches will be arranged outside of the above schedule, with relevant details given to SELECTED players.**