



Welcome WOMEN 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 Jason Saunders (0401 015 333), 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	9 January	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Wednesday	11 January	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Monday	16 January	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Introduction, fitness training, skills session	6:30pm
Wednesday	18 January	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Monday	23 January	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Wednesday	25 January	Australia Day - NO CLUB TRAINING (do your own 30 min session)	
Monday	30 January	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Wednesday	1 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Monday	6 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Wednesday	8 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • REGISTRATION NIGHT, fitness training, skills session	6:30pm
Monday	13 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
Wednesday	15 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
Monday	20 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Rd, Knoxfield • Club warmup, Squad Training	6:30pm
Wednesday	22 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
Monday	27 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
Wednesday	1 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
Monday	6 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
Wednesday	8 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
Monday	13 March	Labour Day - NO CLUB TRAINING (do your own 30 min session)	
Wednesday	15 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Monday	20 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield Club warmup, Squad Training	7:00pm
Wednesday	22 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Monday	27 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Wednesday	29 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Rd, Knoxfield • Club warmup, Squad Training, SEASON LAUNCH	7:00pm
Wednesday	5 April	KNOX PARK RESERVE - 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.