



Welcome to the 2024 season at Knox Churches Soccer Club!

We are looking forward to a great season ahead, starting with preseason training as scheduled below for **ALL Men and Women!** Please 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 (Men) or Jason Saunders - 0401 015 333 (Women), via text with your name,** with as much notice as possible.

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

DAY	DATE	VENUE	START TIME
Wednesday	31 January	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Introduction, fitness training, skills session	7:00pm
Monday	5 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	7:00pm
Wednesday	7 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	7:00pm
Monday	12 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	7:00pm
Wednesday	14 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • REGISTRATION NIGHT, fitness training, skills session	7:00pm
Monday	19 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Rd, Knoxfield • Club warmup, Squad Training	7:00pm
Wednesday	21 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Monday	26 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Wednesday	28 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Monday	4 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Wednesday	6 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Monday	11 March	Labour Day - NO CLUB TRAINING (do your own 30 min session)	
Wednesday	13 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Monday	18 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Wednesday	20 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Monday	25 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Wednesday	27 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
Monday	1 April	Easter Monday - NO CLUB TRAINING (do your own 30 min session)	
Wednesday	3 April	KNOX PARK RESERVE - Entrance off Ferntree Gully Rd, Knoxfield • Club warmup, Squad Training, SEASON LAUNCH	7:00pm

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

First round of Season 2024 – Saturday 6 April 2024
Last Round of Season 2024 – Saturday 31 August 2024
VCFA Cup Finals – Saturday 7 September 2024
Club Presentation Night – Saturday 14 September 2024