



Welcome to the 2025 season at Knox Churches Soccer Club!

We are looking forward to a great season ahead, starting with preseason training as scheduled below for **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 John Schout – 0407 178 008 (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
LADIES ONLY	Monday	20 January	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
LADIES ONLY	Wednesday	22 January	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Introduction, fitness training, skills session	6:30pm
	Monday	27 January	Australia Day - NO CLUB TRAINING (do your own 30 min session)	
LADIES & MEN	Wednesday	29 January	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Introduction, fitness training, skills session	6:30pm
LADIES & MEN	Monday	3 February	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
LADIES & MEN	Wednesday	5 February	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • REGISTRATION NIGHT , fitness training, skills session	6:30pm
LADIES & MEN	Monday	10 February	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
LADIES & MEN	Wednesday	12 February	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:30pm
LADIES & MEN	Monday	17 February	KNOX PARK - Entrance off Ferntree Gully Rd, Knoxfield • Club warmup, Squad Training	6:30pm
LADIES & MEN	Wednesday	19 February	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
LADIES & MEN	Monday	24 February	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
LADIES & MEN	Wednesday	26 February	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
LADIES & MEN	Monday	3 March	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
LADIES & MEN	Wednesday	5 March	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	6:30pm
	Monday	10 March	Labour Day - NO CLUB TRAINING (do your own 30 min session)	
LADIES & MEN	Wednesday	12 March	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
LADIES & MEN	Monday	17 March	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
LADIES & MEN	Wednesday	19 March	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
LADIES & MEN	Monday	24 March	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
LADIES & MEN	Wednesday	26 March	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Squad Training	7:00pm
LADIES & MEN	Monday	31 March	KNOX PARK - Entrance off Ferntree Gully Road, Knoxfield Club warmup, Squad Training	7:00pm
LADIES & MEN	Wednesday	2 April	KNOX PARK - Entrance off Ferntree Gully Rd, Knoxfield • Club warmup, Squad Training, SEASON LAUNCH	7:00pm
	Saturday	6 April	ROUND 1 – VCFA Competition commences for Ladies & Men	

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