



## KNOX CHURCHES SOCCER CLUB SENIOR MEN'S PRE SEASON UPDATED TRAINING SCHEDULE 2019

DATE	VENUE	START TIME
WEDNESDAY 6 March	<b>KNOX REGIONAL FOOTBALL CENTRE,</b> 257 George St, Wantirna South	7.00 pm SHARP
MONDAY 11 March	<b>LABOUR DAY PUBLIC HOLIDAY [NO TRAINING TODAY]</b> Please ensure you get a 20min stretching session in on your own.	
WEDNESDAY 13 March	<b>KNOX REGIONAL FOOTBALL CENTRE,</b> 257 George St, Wantirna South	7.00 pm SHARP
MONDAY 18 March	<b>1000 STEPS</b> [Mel Ref: 74 G5] Mount Dandenong Tourist Rd, Upper Ferntree Gully	7.00 pm SHARP
WEDNESDAY 20 March	<b>SOCIAL NIGHT / ALTERNATIVE TRAINING VENUE</b> Each Coach to advise their squad and coordinate venue and time.	TBA by each Coach
MONDAY 25 March	<b>JELLS PARK,</b> [Mel Ref: 72 A10] Ferntree Gully Rd entrance (first 'U-shaped' car park on the right), Wheelers Hill	7.00 pm SHARP
WEDNESDAY 27 March	<b>KNOX REGIONAL FOOTBALL CENTRE,</b> 257 George St, Wantirna South	7.00 pm SHARP
MONDAY 1 April	<b>KNOX PARK RESERVE,</b> [Mel Ref: 73 D5] Entrance off Ferntree Gully Rd, Knoxfield	7.00 pm SHARP
WEDNESDAY 3 April	<b>SEASON LAUNCH – KNOX PARK RESERVE</b> [Mel Ref: 73 D5] Entrance off Ferntree Gully Rd, Knoxfield	7.00 pm SHARP

**All pre-season sessions you will be required to have shin pads, water bottles and RUNNERS ONLY. Please have your boots packed in your car, just in case.**

Practice matches will be arranged, with relevant details given to all SELECTED players.

**If you can't attend a pre-season session, please advise Sean de Kretser at least 24 hours prior, via a text message on 0438 017 913.** The early notice helps the KCSC Senior Mens Coaching Team with planning various sessions.