



KNOX CHURCHES SOCCER CLUB

SENIOR MEN'S PRESEASON TRAINING SCHEDULE - 2020

Welcome to the 2020 season! We are looking forward to a great season ahead, starting with preseason training! Please **DOUBLE CHECK** start time and arrive **15 MINUTES EARLIER** than required start time for each preseason session. If you *cannot* attend a preseason training session, please advise Tim de Graaf, via text (0400 347 414), with as much notice as possible. Attendance levels at preseason training may affect selection through the season.

**** PLEASE BRING TO ALL SESSIONS: running shoes, football boots, shin pads, sports clothing, water bottle ****

DAY	DATE	VENUE	START TIME
Wednesday	29 January	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield - Introduction, fitness training, skills session	6:45 pm
Monday	3 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield - Fitness training, skills session	7:00 pm
Wednesday	5 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield - REGISTRATION NIGHT , PT fitness training, skills session	6:45 pm
Monday	10 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield - Fitness training, skills session	7:00 pm
Wednesday	12 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield - PT fitness training, skills session, team training	6:45 pm
Monday	17 February	1000 STEPS - Mount Dandenong Tourist Road, Upper Ferntree Gully - Fitness circuit	7:00 pm
Wednesday	19 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield - PT fitness training, skills session, team training	6:45 pm
Monday	24 February	JELLS PARK - Ferntree Gully Road entrance (first car park on the right), Wheelers Hill - Fitness circuit	7:00 pm
Wednesday	26 February	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield - PT fitness training, skills session, team training	6:45 pm
Monday	2 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield - Fitness training, skills session	7.00 pm
Wednesday	4 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Rd, Knoxfield - PT fitness training, team training	6:45 pm
Monday	9 March	Labour Day - NO CLUB TRAINING (<i>ensure you do own 30 min session</i>)	
Wednesday	11 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Rd, Knoxfield - PT fitness training, team training	6:45 pm
Monday	16 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield - Fitness training, skills session	7.00 pm
Wednesday	18 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Rd, Knoxfield - PT fitness training, team training, SENIOR LAUNCH	6:45 pm
Monday	23 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield - Fitness training, skills session	7.00 pm
Wednesday	25 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Rd, Knoxfield - PT fitness training, team training	6:45 pm
Monday	30 March	KNOX PARK RESERVE - Entrance off Ferntree Gully Road, Knoxfield - Fitness training, skills session	7.00 pm
Wednesday	1 April	KNOX PARK RESERVE - Entrance off Ferntree Gully Rd, Knoxfield - Club warmup, team training	7:00 pm

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