



## Welcome LADIES to the 2021 season at Knox Churches Soccer Club!

We are looking forward to a great season ahead, starting with preseason training as scheduled below! Please **DOUBLE CHECK** start time and arrive **15 MINUTES EARLIER** than the start time for each session.

If you *cannot* attend a preseason training session, **please advise Jason Saunders on 0401015333**, with as much notice as possible. Attendance levels at preseason training may affect selection through the season.

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

DAY	DATE	VENUE	START TIME
Monday	18 January	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Introduction, fitness training, skills session	6:45pm
Wednesday	20 January	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:45pm
Monday	25 January	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:45pm
Wednesday	27 January	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:45pm
Monday	1 February	<b>1000 STEPS</b> - Mount Dandenong Tourist Rd, Upper Ferntree Gully • Mel Ref: 74 G5	6:45pm
Wednesday	3 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:45pm
Monday	8 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:45pm
Wednesday	10 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • <b>REGISTRATION NIGHT</b> , fitness training, skills session	6:45pm
Monday	15 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, skills session	6:45pm
Wednesday	17 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, FIRST TEAM TRAINING Session	6:45pm
Monday	22 February	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Rd, Knoxfield • Fitness training, team training	6:45pm
Wednesday	24 February	<b>ANYTIME FITNESS DANDENONG</b> – 106-114 Walker St, Dandenong • Mel Ref: 90 D8	7:00pm
Monday	1 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Rd, Knoxfield • Fitness training, team training	6:45pm
Wednesday	3 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Fitness training, Team Training	6:45pm
Monday	8 March	<b>Labour Day - NO CLUB TRAINING (ensure you do own 30 min session)</b>	
Wednesday	10 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Team Training	7:00pm
Monday	15 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Rd, Knoxfield • Club warmup, Team Training	7:00pm
Wednesday	17 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Road, Knoxfield • Club warmup, Team Training	7:00pm
Monday	22 March	<b>1000 STEPS</b> - Mount Dandenong Tourist Rd, Upper Ferntree Gully • Mel Ref: 74 G5	7:00pm
Wednesday	24 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Rd, Knoxfield • Club warmup, Team Training	7:00pm
Monday	29 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Rd, Knoxfield • Club warmup, Team Training	7:00pm
Wednesday	31 March	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Rd, Knoxfield • Club warmup, Team Training, <b>SEASON LAUNCH</b>	7:00pm
Wednesday	7 April	<b>KNOX PARK RESERVE</b> - Entrance off Ferntree Gully Rd, Knoxfield	7:00pm

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