

**FOOTSCRAY HOCKEY CLUB- Men**

# PRE-SEASON TRAINING PROGRAM

DATE	DAY	START TIME	Start on Turf	Finish	VENUE	WHAT	WHO
2-Feb	Tues	6:45pm	7.00 pm	9:30 PM	FHC	Fitness/ Activities	SL2, Pen C, & Pen E
4-Feb	Thurs	6:45pm	7.00pm	8:30pm	Willy Beach	Fitness/ Activities	SL2, Pen C, & Pen E
6-Feb	Sat	8:15am	8:30am	11:00am	FHC	Fitness/ skills	SL2, Pen C, & Pen E
9-Feb	Tues	6:45pm	7.00 pm	9:30 PM	FHC	Fitness/ skills	SL2, Pen C, & Pen E
11-Feb	Thurs	6:45pm	7.00pm	8:30pm	Horseshoe Bend	Fitness/ Activities	SL2, Pen C, & Pen E
13-Feb	Sat	8:15am	8:30am	11:00am	FHC	Fitness/ skills	SL2, Pen C, & Pen E
16-Feb	Tues	6:45pm	7.00 pm	9:30 PM	FHC	Fitness/ skills	SL2, Pen C, & Pen E
16-Feb	Tues	6:45pm	7.00 pm	9:30 PM	FHC	Fitness/ Activities	Men's Metro
18-Feb	Thurs	6:45pm	7.00pm	8:30pm	FOCUS GYM / FHC	Boxing / skills	SL2, Pen C, & Pen E
18-Feb	Thurs	6:45pm	7.00pm	8:30pm	FHC	Fitness/ Activities	Men's Metro
20-Feb	Sat	8:15am	8:30am	11:00am	FHC	Fitness/ skills	SL2, Pen C, & Pen E
23-Feb	Tues	6:45pm	7.00 pm	9:30 PM	FHC	Fitness/ skills	SL2, Pen C, & Pen E
23-Feb	Tues	6:45pm	7.00 pm	9:30 PM	FHC	Fitness/ Activities	Men's Metro
25-Feb	Thurs	6:45pm	7.00pm	8:30pm	FOCUS GYM / FHC	Boxing / skills	SL2, Pen C, & Pen E
25-Feb	Thurs	6:45pm	7.00pm	8:30pm	FHC	Fitness/ Activities	Men's Metro
27-Feb	Sat	8:15am	8:30am	11:00am	FHC	Fitness/ skills	SL2, Pen C, & Pen E
2-Mar	Tues	6:45pm	7.00 pm	9:30 PM	FHC	Fitness/ skills	SL2, Pen C, & Pen E
2-Mar	Tues	6:45pm	7.00 pm	9:30 PM	FHC	Fitness/ Activities	Men's Metro
4-Mar	Thurs	6:45pm	7.00pm	8:30pm	FOCUS GYM / FHC	Boxing / skills	SL2, Pen C, & Pen E
4-Mar	Thurs	6:45pm	7.00pm	8:30pm	FHC	Fitness/ Activities	Men's Metro
6-8-Mar	Sat-Mon					No training	LONG weekend
9-Mar	Tues		Season Training Time*		FHC	Fitness/ skills	SL2, Pen C, & Pen E
11-Mar	Thurs		Season Training Time*		FHC	Fitness/ skills	ALL MEN'S TEAMS
12-Mar	Fri	6:45pm	7.00 pm		TBC	Camp	SL2 Squad
13-Mar	Sat				TBC	Camp	SL2 Squad
14-Mar	Sun			4.00 pm	TBC	Camp	SL2 Squad
16-Mar	Tues		Season Training Time*		FHC	Skills/Fitness	SL2, Pen C, & Pen E
18-Mar	Thurs		Season Training Time*		FHC	Fitness/ skills	ALL MEN'S TEAMS
20-Mar	Sat	TBC			Away	Practice Match	Pen C & Pen E
20-Mar	Sat	12:00pm		5:00pm	FHC	SL PRE-SEASON TOURNAMENT	
21-Mar	Sun	9:00am		5.00 pm	FHC	SL PRE-SEASON TOURNAMENT	
23-Mar	Tues		Season Training Time*		FHC	Skills/Fitness	SL2, Pen C, & Pen E
25-Mar	Thurs		Season Training Time*		FHC	Skills/Fitness	ALL MEN'S TEAMS
27-Mar	Sat	9.00am		5.00pm	MONASH	Monash Tournament	Pen E & Pen C
27-Mar	Sat	TBC			Away	Practice match	SL2
30-Mar	Tues		Season Training Time*		FHC	Skills/Fitness	SL2, Pen C, & Pen E

<b>1-Apr</b>	Thurs					NO TRAINING	
<b>2-5 April</b>	Fri-Mon				EASTER	NO TRAINING	
<b>6-Apr</b>	Tues		Season Training Time*		FHC	Skills/Fitness	SL2, Pen C, & Pen E
<b>8-Apr</b>	Thurs		Season Training Time*		FHC	Skills/Fitness	ALL MEN'S TEAMS
<b>10-Apr</b>	Sat	12.30 pm	1.00 pm	2.30 pm	FHC - F1	Practice match	Pen C
<b>10-Apr</b>	Sat	2.00 pm	3.00 pm	4.30 pm	FHC - F1	Practice match	SL2
<b>10-Apr</b>	Sat	12.30 pm	1.00 pm	2.30 pm	FHC - F2	Intraclub matches	PE vs Metro 1W
<b>10-Apr</b>	Sat	2.30 pm	3.00 pm	4.30 pm	FHC - F2	Intraclub matches	Metro 2W v Metro 3W
<b>13-Apr</b>	Tues		Season Training Time*		FHC	Skills/Fitness	SL2, Pen C, & Pen E
<b>15-Apr</b>	Thurs		Season Training Time*		FHC	Skills/Fitness	ALL MEN'S TEAMS
<b>17 -18</b>	Sat/Sun					Round 1	ALL
<b>Men's Season Training Times</b>							
<b>Tuesday</b>	Arrive		7.30 pm	SL2,PC,PE ONLY			
	F1		8.30- 9.30 pm	SL2,PC,PE ONLY			
	F2		8.00 - 9.30 pm	SL2,PC,PE ONLY			
	PRAC		7:30 - 8:00 pm	SL2,PC,PE ONLY			
<b>Thursday</b>	Arrive		6.30 pm	ALL MENS TEAMS			
	F1		6:30- 8:30 pm	ALL MENS TEAMS			
	F2		6:30 - 8.00 pm	ALL MENS TEAMS			
	PRAC		6:30 - 7:30pm	ALL MENS TEAMS			
<b>Venue Locations:</b>							
Willy Beach - Meet at Surf lifesaving club 100-101 Esplanade rd.							
Horseshoe Bend - Horseshoe bend road, Keilor Park							
Focus Gym - 121 Hyde Street, yarraville (meet 6:45 at gym)							