

FOOTSCRAY HOCKEY CLUB- Men

PRE-SEASON TRAINING PROGRAM

DATE	DAY	START TIME	Start on Turf	Finish	VENUE	WHAT	WHO
01-Feb	Tues	6:45pm	7.00 pm	9:00pm	FHC -F2	Fitness/ Activities	SL2, Pen B, & Pen E
03-Feb	Thurs	6:45pm	7.00pm	9:00pm	FHC -F2	Fitness/ Activities	SL2, Pen B, & Pen E
06-Feb	Sun	7:45am	8:00am	10:00am	FHC -F2	Fitness/ skills	SL2, Pen B, & Pen E
07-Feb	Mon	8:45pm	9.00 pm	10:00pm	VUT - Rec Centre	Fitness/ Activities	SL2 & Pen B
08-Feb	Tues	6:45pm	7.00 pm	8:30 PM	Williamstown Beach	Fitness/ Activities	SL2, Pen B, & Pen E
10-Feb	Thurs	5:45pm	6.00 pm	7:00pm	Focus Gym	Boxercise & Aerobics	SL2, Pen B, & Pen E
10-Feb	Thurs	6:45pm	7:00pm	8:30pm	FHC - Prac Pitch	Fitness/ skills	Men's Metro
13-Feb	Sun	7:45am	8:00am	10:00am	FHC -F2	Fitness/ skills	SL2, Pen B, & Pen E
13-Feb	Sun	9:45am	10:00am	12:00pm	FHC - F2	Fitness/ skills	Men's Metro
14-Feb	Mon	8:45pm	9.00 pm	10:00pm	VUT - Rec Centre	Fitness/ Activities	SL2 & Pen B
15-Feb	Tues	6:45pm	7.00 pm	9:00pm	Williamstown Beach	Fitness/ Activities	SL2, Pen B, & Pen E
17-Feb	Thurs	5:45pm	6.00 pm	7:00pm	Focus Gym	Boxercise & Aerobics	SL2, Pen B, & Pen E
17-Feb	Thurs	6:45pm	7.00pm	8:30pm	FHC - Prac Pitch	Fitness/ Activities	Men's Metro
20-Feb	Sun	7:45am	8:00am	10:00am	FHC -F2	Fitness/ skills	SL2, Pen B, & Pen E
20-Feb	Sun	9:45am	10:00am	12:00pm	FHC - F2	Fitness/ skills	Men's Metro
21-Feb	Mon	8:45pm	9.00 pm	10:00pm	VUT - Rec Centre	Fitness/ Activities	SL2 & Pen B
22-Feb	Tues	6:45pm	7.00 pm	9:00pm	FHC - Prac Pitch	Fitness/ Activities	SL2, Pen B, & Pen E
24-Feb	Thurs	5:45pm	6.00 pm	7:00pm	Focus Gym	Boxercise & Aerobics	SL2, Pen B, & Pen E
24-Feb	Thurs	6:45pm	7.00pm	8:30pm	FHC - Prac Pitch	Fitness/ Activities	Men's Metro
27-Feb	Sun	7:45am	8:00am	10:00am	FHC -F2	Fitness/ skills	SL2, Pen B, & Pen E
26-Feb	Sat	9:45am	10:00am	12:00pm	FHC -F2	Fitness/ skills	Pen B, & Pen E
26-Feb	Sat	9:45am	10:00am	12:00pm	FHC - F2	Fitness/ skills	Men's Metro
28-Feb	Mon	8:45pm	9.00 pm	10:00pm	VUT - Rec Centre	Fitness/ Activities	SL2 & Pen B
01-Mar	Tues	6:45pm	7.00 pm	9:00pm	FHC - Prac Pitch	Fitness/ Activities	SL2, Pen B, & Pen E
03-Mar	Thurs	5:45pm	6.00 pm	7:00pm	Focus Gym	Boxercise & Aerobics	SL2, Pen B, & Pen E
03-Mar	Thurs	6:45pm	7.00pm	8:30pm	FHC - Prac Pitch	Fitness/ Activities	Men's Metro
04-Mar	Fri	6:45pm	7.00 pm		TBC	Camp	SL2 Squad
05-Mar	Sat				TBC	Camp	SL2 Squad
06-Mar	Sun			4.00 pm	TBC	Camp	SL2 Squad
06-Mar	Sun	12:00pm	12:30pm	6:30pm	FHC - F2	Intraclub matches	PE vs Metro 1W
06-Mar	Sun	12:00pm	12:30pm	6:30pm	FHC - F2	Intraclub matches	Metro 2W v Metro 3W
08-Mar	Tues	7:30pm	8:00pm	9:30pm	FHC	Fitness/ skills	SL2, Pen B, & Pen E
10-Mar	Thurs	6:00pm	6:30pm	8:00pm	FHC	Fitness/ skills	ALL MEN'S TEAMS
12-Mar	Sat					NO TRAINING	Long Weekend
13-Mar	Sun					NO TRAINING	Long Weekend
14-Mar	Mon					NO TRAINING	Long Weekend

15-Mar	Tues	6:00pm	6:30pm	8:00pm	FHC	Skills/Fitness	SL2, Pen B, & Pen E
17-Mar	Thurs	7:30pm	8:00pm	9:30pm	FHC	Fitness/ skills	ALL MEN'S TEAMS
19-Mar	Sat				FHC	SL PRE-SEASON TOURNAMENT	
20-Mar	Sun				FHC	SL PRE-SEASON TOURNAMENT	
20-Mar	Sun	1:00pm	1:30pm	3:00pm	ESS	Practice match	Pen B v ESS PB
20-Mar	Sun	11:30am	12:00pm	1:30pm	ESS	Practice match	Pen E v ESS PD
22-Mar	Tues	7:30pm	8:00pm	9:30pm	FHC	Skills/Fitness	SL2, Pen B, & Pen E
24-Mar	Thurs	6:00pm	6:30pm	8:00pm	FHC	Skills/Fitness	ALL MEN'S TEAMS
26-Mar	Sun	TBA	TBA	TBA	FHC - F2	Practice match	PB v
26-Mar	Sun	TBA	TBA	TBA	FHC - F2	Practice match	SL2 v
26-Mar	Sun	TBA	TBA	TBA	FHC - F2	Practice match	PE v
29-Mar	Tues	6:00pm	6:30pm	8:00pm	FHC	Skills/Fitness	SL2, Pen C, & Pen E
30-Mar	Wed	6:15pm	7:00pm	8:30pm	SHC	Practice match	SL2 v U18 VIC
31-Mar	Thurs	7:30pm	8:00pm	9:30pm	FHC	Skills/Fitness	ALL MEN'S TEAMS
02-03-Apr	Sat/Sun					Round 1	ALL
05-Apr	Tues		Season Training Time*		FHC	Skills/Fitness	SL2, Pen C, & Pen E
07-Apr	Thurs		Season Training Time*		FHC	Skills/Fitness	ALL MEN'S TEAMS
09-10-Apr	Sat/Sun					Round 2	ALL
12-Apr	Tues		Season Training Time*		FHC	Skills/Fitness	SL2, Pen C, & Pen E
14-Apr	Thurs		Season Training Time*		FHC	Skills/Fitness	ALL MEN'S TEAMS
16-Apr	Sat	12:00pm	12:30pm	2:00pm	FHC	Practice match	SL2 v TEM (TBC)
16-Apr	Sat	1:15pm	2:00pm	3:30pm	FHC	Practice match	PB v TEM (TBC)
16-Apr	Sat	2:45pm	3:30pm	5:00pm	FHC	Practice match	PE v TEM (TBC)
19-Apr	Tues		Season Training Time*		FHC	Skills/Fitness	SL2, Pen C, & Pen E
21-Apr	Thurs		Season Training Time*		FHC	Skills/Fitness	ALL MEN'S TEAMS
23-24-Apr	Sat/Sun					NO TRAINING	Easter
26-Apr	Tues		Season Training Time*		FHC	Skills/Fitness	SL2, Pen C, & Pen E
28-Apr	Thurs		Season Training Time*		FHC	Skills/Fitness	ALL MEN'S TEAMS
30-Apr	Sat					Round 3	ALL
01-May	Sun					Round 3	ALL
Men's Season Training Times							
Tuesday		Arrive	6.00 pm	SL2,PB,PE ONLY			
		F1/F2 Alternate	6.30- 8.30 pm	SL2,PB,PE ONLY			
Thursday		Arrive	6.00 pm	SL2,PB,PE ONLY			
		F1/F2 Alternate	6:30- 8:00 pm	SL2,PB,PE ONLY			
		Arrive	7:45pm	METRO TEAMS			
		F1/F2 Alternate	8:00 - 9:00pm	METRO TEAMS			
Venue Locations:							
VUT Rec Centre - Vic Unierversity 70-100 Western Highway (ballarat rd)							
Williamstown Beach - Meet at Surf lifesaving club 100-101 Esplanade rd.							
Focus Gym - 121-123 Hyde St, Yarraville							