

FOOTSCRAY HOCKEY CLUB - MEN'S TRAINING PROGRAM 2012							
DATE	DAY	START	FINISH	VENUE	WHAT	WHO	COMMENTS
10/01/2012	Tue	7:00 PM	8:30 PM	FOOTSCRAY	FITNESS	ALL	
12/01/2012	Thu	7:00 PM	8:30 PM	BOXFIT	FITNESS	ALL	
14/01/2012	Sat	7:30AM	9:00 AM	FOOTSCRAY	FITNESS	ALL	
17/01/2012	Tue	7:00 PM	8:30 PM	FOOTSCRAY	FITNESS	ALL	
19/01/2012	Thu	7:00 PM	8:30 PM	TAN TRACK (BOTANICAL GARDENS)	FITNESS	ALL	MEETING ON THE CORNER OF ANDERSON STREET & ALEANDRA PDE
21/01/2012	Sat	7:30AM	9:00 AM	FOOTSCRAY	FITNESS	ALL	
24/01/2012	Tue	7:00 PM	8:30 PM	FOOTSCRAY	FITNESS	ALL	
26/01/2012	Thu			AUSTRALIA DAY - NO TRAINING			
28/01/2012	Sat	7:30AM	9:00 AM	TAN TRACK (BOTANICAL GARDENS)	FITNESS	ALL	MEETING ON THE CORNER OF ANDERSON STREET & ALEANDRA PDE
31/01/2012	Tue	7:00 PM	8:30 PM	FOOTSCRAY	FITNESS	ALL	SUMMER COMPS START
2/02/2012	Thu	7:00 PM	8:30 PM	FOOTSCRAY	FITNESS	ALL	SUMMER COMPS START
4/02/2012	Sat	7:30AM	9:00 AM	FOOTSCRAY	FITNESS	ALL	
7/02/2012	Tue	7:00 PM	8:30 PM	FOOTSCRAY	FITNESS	ALL	
9/02/2012	Thu	7:00 PM	8:30 PM	TAN TRACK (BOTANICAL GARDENS)	FITNESS	ALL	MEETING ON THE CORNER OF ANDERSON STREET & ALEANDRA PDE
11/02/2012	Sat	7:30AM	9:00 AM	WILLIAMSTOWN BEACH	FITNESS	ALL	MEETING AT THE SLSC
14/02/2012	Tue	7:00 PM	8:30 PM	FOOTSCRAY	FITNESS	ALL	
16/02/2012	Thu	7:00 PM	8:30 PM	FOOTSCRAY	FITNESS	ALL	
18/02/2012	Sat	7:30AM	9:00 AM	WILLIAMSTOWN BEACH	FITNESS	ALL	MEETING AT THE SLSC
21/02/2012	Tue	7:00 PM	8:30 PM	FOOTSCRAY	FITNESS	ALL	
23/02/2012	Thu	7:00 PM	8:30 PM	FOOTSCRAY	FITNESS	ALL	
25/02/2012	Sat	7:30AM	9:00 AM	FOOTSCRAY	FITNESS	ALL	
28/02/2012	Tue	7:00 PM	8:30 PM	FOOTSCRAY	FITNESS	ALL	SUMMER GRAND FINALS
1/03/2012	Thu	6:30 PM	8:00 PM	FOOTSCRAY	FITNESS	ALL	SUMMER GRAND FINALS
2/03/2012	Fri	6:30 PM		NAGAMBIE (FRI/SAT/SUN)	PRESEASON CAMP	INVITED SQUAD	DETAILS TO BE FINALISED
3/03/2012	Sat	8:00 AM	11:00 AM	FOOTSCRAY (F1/F2)	PRACTICE MATCH	ALL EX CAMP SQUAD	TBC
6/03/2012	Tue	8:00 PM	9:30 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/M2&4	NORMAL TRAINING TIMES COMMENCE
8/03/2012	Thu	6:30 PM	8:00 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/PE/M1	
10/03/2012	Sat			LONG WEEKEND - NO TRAINING			
13/03/2012	Tue	8:00 PM	9:30 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/M2&4	
15/03/2012	Thu	6:30 PM	8:00 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/PE/M1	
17/03/2012	Sat	7:00 AM	9:00 AM	WAVERLEY	PRACTICE MATCH	SL1 SQUAD	

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DATE	DAY	START	FINISH	VENUE	WHAT	WHO	COMMENTS
18/03/2012	Sun	12:00 PM	5:00 PM	FOOTSCRAY (F1/F2)	PRACTICE MATCH	PB/PE & METRO	TBC
20/03/2012	Tue	8:00 PM	9:30 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/M2&4	
22/03/2012	Thu	6:30 PM	8:00 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/PE/M1	
24/03/2012	Sat			STATE LEAGUE COMP		SL1 SQUAD	
25/03/2012	Sun			STATE LEAGUE COMP		SL1 SQUAD	
25/03/2012	Sun			DATE, TIME & VENUE - TBC	PRACTICE MATCH	ALL EX SL1 SQUAD	TBC - Essendon???
27/03/2012	Tue	8:00 PM	9:30 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/M2&4	
29/03/2012	Thu	6:30 PM	8:00 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/PE/M1	
1/04/2012	Sun			SHNC	PRACTICE MATCH	SL1 SQUAD	AGAINST VIC U18'S
1/04/2012	Sun	12:00 PM	5:00 PM	FOOTSCRAY (F1/F2)	PRACTICE MATCH	TBC & METRO	TBC
3/04/2012	Tue	8:00 PM	9:30 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/M2&4	
5/04/2012	Thu	6:30 PM	8:00 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/PE/M1	
5/04/2012	Thu	6:30 PM	7:45 PM	FOOTSCRAY (CAGE)	CAGE FIGHT	METRO2&4	
7/04/2012	Sat			EASTER WEEKEND - NO TRAINING			
10/04/2012	Tue	8:00 PM	9:30 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/M2&4	
12/04/2012	Thu	6:30 PM	8:00 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/PE/M1	
12/04/2012	Thu	6:30 PM	7:45 PM	FOOTSCRAY (CAGE)	CAGE FIGHT	METRO2&4	
14/04/2012	Sat			ROUND 1			
<b>SEASON TRAINING TIMETABLE</b>							
	Tue	8:00 PM	9:30 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/M2&4	
	Thu	6:30 PM	8:00 PM	FOOTSCRAY (F1/F2)	TRAINING	SL/PB/PE/M1	
	Thu	6:30 PM	7:45 PM	FOOTSCRAY (CAGE)	CAGE FIGHT	METRO2&4	