

# FHC Juniors Pre-season Summary of Training & Trials

Pre-season training sessions are OPTIONAL, and FREE and no registration is necessary. They are all held at the club grounds. This is open for field players and goalkeepers.

## **Under 10 (Super League)**

### **Pre-season Skills Training:**

- Wednesday, March 6<sup>th</sup> 5.30pm - 6.30 pm
- Wednesday, March 13<sup>th</sup> 5.30pm - 6.30 pm

**Under 10 (Hockey Victoria) and U12 Full Field**  
**For kids thinking about U10 HV or stepping up to**  
**under 12 (full field matches):**

### **Pre-season Skills Training:**

- Saturday, February 23<sup>rd</sup> 10.00am - 11.30am
- Saturday, March 2<sup>nd</sup> 10.00am - 11.30am

### **Trials:**

- Wednesday, March 13<sup>th</sup> 5.30pm - 6.30pm

## **Under 12, 14, 16, 18 (Hockey Victoria)**

### **Pre-Season Skills Training**

- Girls U12, 14, 16, 18
  - Tuesday February 26<sup>th</sup> 5.30pm – 6.30pm
  - Tuesday March 5<sup>th</sup> 5.30pm – 6.30pm
  - Tuesday March 12<sup>th</sup> 5.30pm – 6.30pm
- Boys U12, 14, 16, 18
  - Thursday February 28<sup>th</sup> 5.30pm – 6.30pm
  - Thursday March 7<sup>th</sup> 5.30pm – 6.30pm
  - Thursday March 15<sup>th</sup> 5.30pm – 6.30pm

### **Trials:**

- Under 12 Saturday, March 16<sup>th</sup> 10.00am - 11.30am
- Under 14 & 16 Girls Tuesday, March 19<sup>th</sup> 5.30pm – 6.30pm
- Under 14 & 16 Boys Thursday, March 21<sup>st</sup> 5.30pm – 6.30pm

All teams will be announced in the week after trials, and then pre-season training will commence as per regular training the week of Monday 25<sup>th</sup> March onwards.

**Under 10 (Hockey Victoria) are also invited to the Tuesday & Thursday skill sessions**

### **GIRLS**

Tuesday February 26<sup>th</sup> 5.30pm – 6.30pm  
Tuesday March 5<sup>th</sup> 5.30pm – 6.30pm  
Tuesday March 12<sup>th</sup> 5.30pm – 6.30pm

### **BOYS**

Thursday February 28<sup>th</sup> 5.30pm – 6.30pm  
Thursday March 7<sup>th</sup> 5.30pm – 6.30pm  
Thursday March 15<sup>th</sup> 5.30pm – 6.30pm

