

# PRE-SEASON SCHEDULE

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## SUNDAY 30TH NOVEMBER 2008

**8.00am** **Jells Park** - Melways 72A5 (Waverley Rd)  
4km run around a picturesque lakeside setting -  
includes a 2km timetrial

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## SUNDAY 7TH DECEMBER 2008

**8.00am** **Doncaster Aquarena** - Melways 33D9  
Swimming session.

*Please note if you go to site [www.aquarena.ymca.org.au](http://www.aquarena.ymca.org.au) you  
can get a complimentary pass (sent to you via email) that gives  
you + 1 free entry.*

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## SUNDAY 14TH DECEMBER 2008

**8.00am** **Westerfolds Park** - Melways 33F2  
(24 hour access car park off Fitzsimmons Lane)

Bike ride – Please organise your own bike  
(including helmet and anything other bike riding  
gear you require). Meet at main car park

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## SUNDAY 21ST DECEMBER

**8.00am** **Jells Park** - Melways 72A5  
4km run around a picturesque lakeside setting -  
includes a 2km timetrial

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## XMAS BREAK

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## SUNDAY 11TH JANUARY 2009

**5.00pm** **Elgar Park**  
This will be the first session of the post Xmas/  
New Year break and will show all and sundry  
what to expect 3 times per week.

*Please note this is a Sunday session with a BBQ and a few beers  
afterwards to welcome the new faces to the BHN family.*

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## WED 14TH JANUARY 2009

**6.30pm** **Elgar Park**

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## FRIDAY 16TH JANUARY 2009

**6.30pm** **Elgar Park**

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## MON 19TH JANUARY 2009

**6.30pm** **Elgar Park**  
Training will continue at Elgar Park Monday,  
Wednesday and Friday starting @ 6.30pm.

Any deviation to this schedule will be placed on  
the website

**[www.boxhillnorthfc.com.au](http://www.boxhillnorthfc.com.au)**

We strongly suggest you check the BHN website  
every Sunday evening to see if there are any changes  
to the schedule.

## NOTES;

- Sessions will start at the nominated start time  
on the dot. Try to be early rather than late.
- At all time during pre-season you are to bring you  
own water bottle.
- At all times bathers and towel should be placed  
in your gym bag.
- If you are late to any training session, you will be  
expected to make up the lost time at the conclusion  
of each session.
- All players are expected to finish all aspects of  
each pre-season session. Any player that needs  
to withdraw or leave part way through the session  
is required to advise the senior coach.

*This means going to the mens before you get  
on the track.*

- Injured players are expected at each session.  
There is always something you can do. If you have  
an arm injury you can work on leg strength. Leg  
injury you might be able to do some upper body  
work. If you miss training session you will fall  
behind the group.

**BOX HILL NORTH FC - 09**

**'Success Starts  
with Attitude'**

**Mark Hood's phone number: 0429 872 535**