

2018 Box Hill North Football Club - Preseason

The best place for YOU to kick a footy



Version 1.1 Last updated 26/10/17

The first official day of preseason is Wednesday November 22nd, 2017
Elgar Park. 653-661 Elgar Road (Corner Elgar & Belmore Roads)
Mont Albert North, VIC 3129

& try to text the coach in advance (Alan Chung 0425 786 329) so he can prepare your customised welcome pack!

To blow out the cobwebs & for the footy enthusiasts

Meet the coach & get your hands on the footy before day one. Pick any/all of these sessions to get your personalised fitness program & measurements tracked (professional Personal Trainer service and it costs you nothing)

Session 0.1 "who's the greatest goal kicker of our crew?"	6:15pm Wed 1/11/17 @ Elgar Park
Session 0.2 "he was fast & he was quick, find your pace in the team rankings"	6:15pm Wed 8/11/17 @ Elgar Park
Session 0.3 "box, sweat and lift, cross training session"	12noon Sunday 12/11/17 @ Hammers Gym 244 Whitehorse Road Nunawading
Session 0.4 "plyometrics, explosiveness, fireworks and a speccy for you"	6:15pm Wed 15/11/17 @ Elgar Park
Session 0.5 "it's DJ BOCKY, let me find some loudspeakers to pump out tunes across the ground for a footy blitz & bootcamp blitz - please submit your song requests for the playlist too"	6:15pm Mon 20/11/17 @ Elgar Park
Official Day 1 = Session 1.0 Bragging rights up for grabs "great goals & raining goals"	6:15pm Wed 22/11/17 @ Elgar Park
Session 2.0 Outwit, Outlast, Outplay, our playbook & match style is introduced	6:15pm Mon 27/11/17 @ Elgar Park
Session 3.0 "BYO gps, Fitbit or wearable device if you've got one!"	6:15pm Wed 29/11/17 @ Elgar Park
Session 4.0 (Cross-training session) "so, does anyone actually lift?"	Sunday 3/12/17 @ TBA
Session 5.0 "feedback & footies, see your numbers progressing and improving"	6:15pm Mon 4/12/17 @ Elgar Park
Session 6.0 "ball movement and another contest, put your hand up as the club's best passer by foot"	6:15pm Wed 6/12/17 @ Elgar Park
See the whole gang = Session 7.0 Let's show off more of our new & returning players. Bookmark this date and get the pill buzzing around!	6:15pm Mon 11/12/17 @ Elgar Park
Sessions 8.0 & 9.0 Develop more of what we're building	Dec 13 th & 18 th @ Elgar Park is on
January 2018 resumes at	6:15pm Mon 8/01/2018 @ Elgar Park

OK, let's get serious (but not too serious)

Not many teams can boast coming off a premiers season, and have an entire list of players (PPA) whereby everyone is a 1pointer. OUR RECRUITING SPREE IS ON! So each week as we inject new faces & all round nice guys, make them feel super welcome!

Make every effort to attend this one too

If you are super busy & can only make 2 sessions, try come to 22nd Nov & 11th Dec!