

# 2018 Box Hill North Football Club - Preseason



**@ Hello - We'd love to have you!  
We're building something special...**



Preseason kicks up a gear at Elgar Park.

653-661 Elgar Road (btw Belmore Road & Eastern Fwy) Mont Albert North, VIC  
& try to text the senior coach in advance (Alan Chung 0425 786 329) so he can prepare your customised welcome pack!

**MON 12<sup>th</sup> FEB = 6:15pm  
@ Elgar Park**

Session 21.0 "Let's take it up a gear"



**WED 14<sup>th</sup> FEB = 6:15pm  
@ Elgar Park**

Session 22.0  
"Let's take it up another gear"



**(OPTIONAL) SAT 17<sup>th</sup> FEB  
@ Murrumbeena**

Session 22.1 "Run your heart out"  
Propose 2pm-3pm @ Duncan  
Mackinnon Reserve  
(aim Crosbie Street parking)  
TBC via Facebook/SMS



**(ESSENTIAL / MANDATORY)  
MON 19<sup>th</sup> FEB = aim 6pm @  
Elgar Park**

Session 23.0 "Best tackling coach"  
he consults to AFL & NRL clubs &  
expensive. Late arrivals accepted  
but aim 6pm if possible



**WED 21<sup>st</sup> FEB = 6:15pm  
@ Elgar Park**

Session 24.0 "Inside 50  
supremacy" & "Kings of goal  
conversion"



**MON 26<sup>th</sup> FEB = 6:15pm  
@ Elgar Park**

Session 25.0 "More match play  
simulation" and getting familiar  
with our game styles

**(ESSENTIAL / MANDATORY) WED 28<sup>th</sup> FEB = SPECIAL EVENT**

'Come and have a kick **WOMEN'S FOOTY NIGHT**'

&

"Special Guest Speaker Strength & Fitness Coach from a current **AFL Club**"

&

Just a fantastic night, a big night all round. Refer separate promotional flyer or reach out to the senior coach for more info sms ALAN 0425 786 329

**(OPTIONAL) THURS 1<sup>st</sup> MARCH**

Session 26.1 "The extra fitness"  
Propose 6:30pm-7:40pm @ Hammers Gym (244 Whitehorse Road, Nunawading)  
TBC via Facebook/SMS

**ANTICIPATE FUTURE KEY DATES – DETAILED SCHEDULE TBC**

Monday 5<sup>th</sup> March – "So much footy"

Wednesday night **7<sup>th</sup> March Practice Match** v Forest Hill – Expect travel – TBC

Week commencing 11<sup>th</sup> March – possible Tues/Thurs nights training TBC

Saturday **17<sup>th</sup> March Practice Match** v Sandown - Expect travel – TBC

(OPTIONAL) Sunday 18<sup>th</sup> March Beach Recovery - TBC

Tuesday 20<sup>th</sup> & Thursday 22<sup>nd</sup> March (TBC) (Re-visit game plan & polish skills)

Saturday **24<sup>th</sup> March Practice Match** v East Burwood - Expect travel – TBC

(OPTIONAL) Sunday 25<sup>th</sup> March Love Me Love You – Non profit mental health awareness for "March with me" event

Train the house down 27<sup>th</sup> March, 29<sup>th</sup> March, 3<sup>rd</sup> April & 5<sup>th</sup> April

(OPTIONAL) Thurs 29<sup>th</sup> March, stay back dinner if aspiring for Senior selection

**Saturday 7<sup>th</sup> April VAFA ROUND ONE HOME MATCH = FAMILY DAY**

<http://www.boxhillnorthfc.com.au/>

Version 3.2 Last updated 11/02/18

**Find out why so** many travel from far to choose to play with Box Hill North. 'A graders' & 'first time footballers' who travel from Spotswood, St.Albans, Horsham, Warrnambool, Lalor, Lilydale, Brunswick, Narre Warren and **JAPAN** to name a few!

**OUR RECRUITING SPREE IS HEATING UP!**

**Every player will also have their own video highlights package made for them about the awesome 2018 season you are going to have!**

Most info lives on Facebook or text the coach **ALAN CHUNG** 0425 786 329