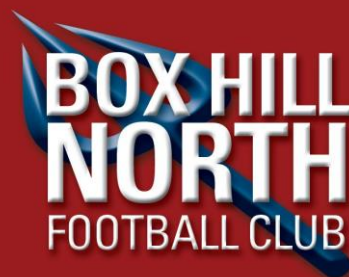


# 2018 Box Hill North Football Club - Preseason



@ Hello - We'd love to have you!

We're building something special...



Version 2.1 Last updated 10/12/17

Preseason kicks on Elgar Park.

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

**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 and Narre Warren to name a few!

## OUR RECRUITING SPREE IS ON!

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

### Session 8.0

"Coach Eryl taking the lead"

6:15pm Wed 13/12/17  
@ Elgar Park

### Session 9.0 Practice match

"mini intra-club matches of Afl 7's, Gaelic International Rules, plus Aussie Rules" low and non-contact versions. All welcome!

6:15pm Mon 18/12/17  
@ Elgar Park

Sessions 10.1, 10.2, 10.3, 10.4, 10.5

**OPTIONAL** "strength and conditioning sessions at indoor gym @ Hammers Gym 244 Whitehorse Road, Nunawading" run by the coach with his 'Personal Trainer' fitness hat on. Great for body fat reduction!

Various, all welcome!  
Dec 21<sup>st</sup> to Jan 7<sup>th</sup>  
Please enquire to Alan

### Session 11.0

Malcolm Gladwell's Famous '10,000 Hour Rule' of perfect practice 10,000 hours of the footy squeezed into 105 minutes at Elgar Park

6:15pm Mon 08/01/18  
@ Elgar Park

### Session 12.0 Basketball Venue TBC on Facebook

Cross Training Session #2  
Footies & Basketball fitness on the basketball court

6:15pm Wed 10/01/18  
@ Aqualink  
Surrey Drv, Box Hill

### Session 13.0

"Head start on our footy game plans - revealed" (Practical)

6:15pm Mon 15/01/18  
@ Elgar Park

### Session 14.0 "Some like it hard?"

Coaches to devise the most gruelling session for the month

6:15pm Wed 17/01/18  
@ Elgar Park

### Session 15.0

"Ball movement magic"

6:15pm Mon 22/01/18  
@ Elgar Park

### Session 16.0 "Sports Science at Box Hill North"

"Professional supplier booked in so we can test 10x latest release GPS units which AFL clubs run with" #shiny and slick new toys

6:15pm Wed 24/01/18  
@ Elgar Park

Jan/Feb/March 2018 resumes mainly Mon & Wed nights

Detailed schedule TBA

## Other key dates:

- Wed 31<sup>st</sup> Jan – Practice Match (Intraclub)
- **Wed 7<sup>th</sup> Feb** – could we miraculously get 40/50/60/70+ of our list to attend just one night, tonight all together?
- Cross training session #3 – "Powerlifting" on a Sunday (Feb 11<sup>th</sup> TBC) run by Lucas
- **Mon 19<sup>th</sup> Feb** – best tackling coach, he consults to AFL & NRL clubs & expensive, be here cos he's booked for BHNFC
- Wed 28<sup>th</sup> Feb – Practice Match (Intraclub)
- Cross training session #4 – "Yoga" on a Sunday (March 4<sup>th</sup> TBC) run by Georgie. Golf day too, separate date TBA.
- Saturdays 17<sup>th</sup> March and 24<sup>th</sup> March (TBC) Practice matches vs other clubs
- Tuesday and Thursday night training comes in mid/late March (TBC)
- Thursday 29<sup>th</sup> March Practice Match (Intraclub)
- Wowers Saturday 7<sup>th</sup> April **VFA** ROUND 1 vs Parkside @ Elgar Park. Get your name automatically selected onto the whiteboard during Dec/Jan/Feb

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