

SHOCFC - Pre Season Program 2012

January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2. New Years Day Holiday	3	4	5	6	7
9	10	11	12	13	14
16. Running / Football Skills	18	17. Running / Football Skills	18	19	20. Extra Running Session
23. Running / Football Skills	24	25. Running / Football Skills	26. Australia Day Holiday	27	28. Extra Running Session
30. Running / Football Skills	31				

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Running / Football Skills	2	3	4. Extra Running Session
6. Running / Football Skills	7	8. Running / Football Skills	9	10	11. Extra Running Session
13. Running / Football Skills	14	15. Running / Football Skills	16	17	18. Preseason Day Camp (TBC)
20. Running / Football Skills	21	22. Running / Football Skills	23	24	25. Extra Running Session
27. Running / Football Skills	28	29. Running / Football Skills			

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3. Extra Running Session
5. Running / Football Skills	6	7. Running / Football Skills	8	9	10. Scratch Match - Brighton Road Oval
12. Adelaide Cup	13	14. Running / Football Skills	15	16	17. SMOSH
19	20. Football Skills	21	22. Football Skills	23	24. GOODWOOD SAINTS
26	27. Football Skills	28	29. Football Skills	30	31. ROCS

April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3. Football Skills	4	5. Football Skills	6. Good Friday	7. Easter Saturday
9. Easter Monday	10. Football Skills	11	12. Football Skills	13	14. Round 1
16	17. Football Skills	18	19. Football Skills	20	21. Round 2
23	24. Football Skills	25. ANZAC Day	28. Football Skills	29	30. Round 3

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Sunday

1. New Years
8
15
21
29

Sunday

5
12
19
26

Sunday

4
11
18
25

Sunday

1
8. Easter Sunday
15
22