



# Black Rock Football Club 2012 Pre-Season Schedule



Date	Time	Location	Details
Monday, 30th January	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Wednesday, 1st February	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Monday, 6th February	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Wednesday, 8th February	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Sunday, 12th February	10:00am - 12:00pm	Middle Brighton Baths, The Esplanade, Brighton	3km Run, 300m Swim, 3km Run
Monday, 13th February	No Training	No Training	No Training
Wednesday, 15th February	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Monday, 20th February	6:00pm - 7:15pm	Trey Bit Reserve, Jetty road, Sandringham	Running
Wednesday, 22nd February	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Friday, 24th February	6:30pm - 8:00pm	St Kilda Sea Baths, Jacka boulevard, St Kilda	Stand Up Paddle Boarding
Monday, 27th February	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Wednesday, 29th February	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Monday, 5th March	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Wednesday, 7th March	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Friday, 9th March	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Intra Club Practice Match
Monday, 12th March	6:00pm - 7:15pm	Waves Leisure Centre, Chesterville road, Cheltenham	Swimming & Cycling
Wednesday, 14th March	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Saturday, 17th March(overnight)	7:30am - TBC	Apollo Bay	Surfing, Kayaking, Mountain Biking, Swimming and Fitness
Wednesday, 21st March	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Thursday, 22nd March	6:00pm - 7:40pm	Bricker Reserve, Rowans Road, Moorabbin	SFL Umpire Training
Saturday, 24th March	10:00am - 4:00pm	Greaves Reserve, Bennett St, Dandenong	Practice Game 1. Black Rock F.C vs. Dandenong Redlegs F.C
Monday, 26th March	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Wednesday, 28th March	6:00pm - 7:40pm	Elsternwick Park (Oval no.4), New St, Elsternwick	Skills & Fitness
Saturday, 31st March	10:00am & 7:00pm	Lewis Park, Lewis Rd, Wantirna & The Beaumaris, Beach Rd	Practice Game 2. Black Rock F.C vs. Eastern Lions F.C & Seasons Launch
Tuesday, 3rd April	6:00pm - 7:40pm	Donald McDonald Reserve, Black Rock	Skills & Fitness
Thursday, 5th April	6:00pm - 7:40pm	Donald McDonald Reserve, Black Rock	Skills & Fitness
Tuesday, 10th April	6:00pm - 7:40pm	Donald McDonald Reserve, Black Rock	Skills & Fitness
Thursday, 12th April	6:00pm - 7:40pm	Donald McDonald Reserve, Black Rock	Skills, Fitness & Selection
Saturday, 14th April	10:00am - 5:30pm	Keeley Park, Clarevale Street, Clayton	Round 1. Black Rock F.C vs. Southern Dragons F.C

