

Melville Hockey Club - 2018 Womens Lower Squad (5s, 6s, 7s 8s) Pre Season Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Feb 2018	26	27	28 Fitness @ Melville Grass 6 - 7:15pm	1	2	3	4
	5 LABOUR DAY PUBLIC HOLIDAY	6	7 Fitness @ Melville Grass 6 - 7:15pm	8	9	10	11
Mar 2018	12	13	14 Fitness and Turf @ Melville 6 - 7:30pm	15	16	17	18
	19	20	21 Fitness and Turf @ Melville 6 - 7:30pm	22	23	24	25 Grading @ Melville 1:30 - 5pm
	26	27	28 Turf Training and Grading @ Melville 6 - 7:30pm	29	30	31	1
	EASTER WEEKEND						
Apr 2018	2 EASTER WEEKEND	3	4 Turf Training @ Melville 6 - 7:30pm	5	6	7	8
	9	10	11 Turf Training @ Melville 6 - 7pm	12	13	14	15
	16	17	18 Turf Training @ Melville 6 - 7pm	19	20	21	22
	23	24	25 Turf Training @ Melville 6 - 7pm	26	27	28	29
						ROUND 1	
						ROUND 2	
						ROUND 3	