

BOSA FC Womens 2021 Pre Season Training Schedule

| JANUARY 2021 | | | | | | |
|--------------|---|-----------|---|--------|----------|---|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | | | | 1st | 2nd | 3rd |
| 4th | 5th | 6th | 7th | 8th | 9th | 10th |
| 11th | 12th TRAINING Time: 6:30pm Location: BPS | 13th | 14th TRAINING Time: 6:30pm Location: BPS | 15th | 16th | 17th NO TRAINING |
| 18th | 19th TRAINING Time: 6:30pm Location: BPS | 20th | 21st TRAINING Time: 6:30pm Location: BPS | 22nd | 23rd | 24th TRAINING CANCELLED DUE TO EXTREME HEAT |
| 25th | 26th AUSTRALIA DAY NO TRAINING | 27th | 28th TRAINING Time: 6:30pm Location: BPS | 29th | 30th | 31st TRAINING Time: 9am Location: BPS |

| FEBRUARY 2021 | | | | | | |
|---------------|--|-----------|--|--------|----------|---|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1st | 2nd TRAINING Time: 6:30pm Location: BPS / Park 2 | 3rd | 4th TRAINING Time: 6:30pm Location: BPS / Park 2 | 5th | 6th | 7th TRAINING Time: 9am Location: BPS |
| 8th | 9th TRAINING Time: 6:30pm Location: Park 2 | 10th | 11th INTERNAL TRIAL GAME Time: 6:30pm Location: BPS | 12th | 13th | 14th TRIAL GAME v FLINDERS FLAMES Times: 9.30am / 11.30am Location: Nazareth College |
| 15th | 16th TRAINING Time: 6:30pm Location: BPS / Park 2 | 17th | 18th TRAINING Time: 6:30pm Location: BPS / Park 2 | 19th | 20th | 21st TRIAL GAME vs WESTMINSTER Times: 9.30am / 11.30am Location: Nazareth College |
| 22nd | 23rd YOGA SESSION Time: 6:30pm Location: BPS | 24th | 25th TRAINING Time: 6:30pm Location: BPS / Park 2 | 26th | 27th | 28th TRIAL GAME Time: TBC Location: TBC |

| MARCH 2021 | | | | | | |
|---------------------|--|-----------|---|--------|----------|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1st | 2nd TRAINING Time: 6:30pm Location: BPS / Park 2 | 3rd | 4th TRAINING & PLANNING SESSION Time: 6:30pm Location: BPS | 4th | 6th | 7th TRIAL GAME v METRO Time: 1pm / 3pm Location: TK Shutter Reserve |
| 8th ADELAIDE CUP | 9th TRAINING Time: 6:30pm Location: BPS / Park 2 | 10th | 11th TRAINING Time: 6:30pm Location: BPS / Park 2 | 12th | 13th | 14th LEAGUE RD1 |
| 15th | 16th TRAINING Time: 6:30pm Location: BPS / Park 2 | 17th | 18th TRAINING Time: 6:30pm Location: BPS / Park 2 | 19th | 20th | 21st LEAGUE RD2 |
| 22nd | 23rd TRAINING Time: 6:30pm Location: BPS / Park 2 | 24th | 25th TRAINING Time: 6:30pm Location: BPS / Park 2 | 26th | 27th | 28th LEAGUE RD3 |
| 29th | 30th | 31st | | | | |

| APRIL 2021 | | | | | | |
|----------------------|---------|-----------|----------|---|------------------------|----------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | | | 1st | 2nd GOOD FRIDAY | 3rd EASTER SATURDAY | 4th EASTER SUNDAY |
| 5th EASTER MONDAY | 6th | 7th | 8th | 9th TRAINING Time: 6:30pm Location: CCR | 10th | 11th LEAGUE RD 4 |
| 12th | 13th | 14th | 15th | 16th TRAINING Time: 6:30pm Location: CCR | 17th | 18th LEAGUE RD 5 |
| 19th | 20th | 21st | 22nd | 23rd TRAINING Time: 6:30pm Location: CCR | 24th | 25th ANZAC DAY |
| 26th | 27th | 28th | 29th | 30th | | |

BOSA FC Coaching Staff Contact Details:
 Adam Manning mb: 0403 161 764

Start Times and Attendance
 - Please arrive 10-15mins before start times
 - Please advise coach of late arrival or non-attendance

Locations
 - CCR = Charles Cane Reserve - Corner Elizabeth Street and Churchill Road, Prospect
 - BPS = Blackfriars Priory School back oval - enter via Highbury Street, Prospect
 - Park 2 = Barton Terrace, North Adelaide

What to bring to each training session
 - Football Boots
 - Running Shoes
 - Water
 - Sun Screen

What to bring to trial games
 - Football boots
 - Shin pads