

>>> August 2024



Box Hill Cricket Club: "PLAY YOUR ROLE"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30 July Indoor Session 7-8pm Topline Cricket	31	1	2	3 Conditioning 2-3km run
4	5	6 Indoor Session 8-9pm Topline Cricket	7	8	9	10 Conditioning 1km warm up 4x200m efforts
11	12	13 Indoor Session 7-8pm Topline Cricket	14	15	16	17 Conditioning 1km warm up 6x100m efforts
18	19	20 Indoor Session 7-8pm Topline Cricket	21	22	23	24 Conditioning 1km warm up 12x50m efforts
25	26	27 Indoor Session 7-8pm Topline Cricket	28 Fielding Session 4.30-5.30pm Box Hill City Oval	29	30	31 Conditioning 1km warm up 12x50m efforts

GREEN EVENT = Compulsory Session

YELLOW EVENT = Complete in own time

>>> September 2024



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Indoor Session 7-8pm Topline Cricket	4 Fielding Session 4.30-5.30pm Box Hill City Oval	5	6	7 Conditioning 1km warm up 20x20m efforts
8	9	10 Indoor Session 7-8pm Topline Cricket	11 Fielding Session 4.30-5.30pm Box Hill City Oval	12	13	14 Conditioning 1km warm up 2x(12x20m efforts)
15	16	17 Indoor Session 7-8pm Topline Cricket	18 Fielding Session 5.00-6.00pm Box Hill City Oval	19	20	21 Conditioning 2-3km run
22	23	24	25 Outdoor Session 5-6.30pm Box Hill City Oval	26 Outdoor Session 5-6.30pm Box Hill City Oval	27	28
29 Intraclub Match 10am - 4pm Village Green Strath Creek	30	1	2 October Outdoor Session 5-6.30pm Box Hill City Oval	3 October Outdoor Session 5-6.30pm Box Hill City Oval	4	5

GREEN EVENT = Compulsory Session

YELLOW EVENT = Complete in own time

>>> October 2024

Goal of the month:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
6	7 <i>Labour Day (Most Region)</i>	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

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YELLOW EVENT = Complete in own time