

Date	Venues	Session Focus / Description	Timing	Coaching Staff
Tues 10 th Oct	Keilor Park Synthetic Pitch 2	<ul style="list-style-type: none"> Technical training session (18 players) 	2.00 – 3.30pm	Lachlan Armstrong
Tues 17 th Oct	Melbourne City Academy Lower Playing Fields	<ul style="list-style-type: none"> Affiliates Cup preparation 9/10 boys Goal Keeping Masterclass with Sam Frangos (Head Goal Keeping Coach – Melbourne City FC) for Goal Keepers + 7/8 Elite boys 	2.00 – 3.30pm	Joe Palatsides (16 players) – 9/10 Boys Sam Frangos (3 goal keepers) + Jake Maguire with Elite 7/8 boys (12 players)
Tues 24 th Oct	Keilor Park Synthetic Pitch 2	Technical training session (16 players)	2.00 – 3.30pm	Lachlan Armstrong 16 players (2 at camp) <ul style="list-style-type: none"> TRAINING – YR 7 CAMP (TLC)
Tues 31 st Oct	Keilor Campus	Strength and Conditioning Session with Melbourne City S&C Coach (18 players)	1.45pm – 3.30pm	Lachlan Armstrong Melbourne City S&C Coach
Tuesday 7th November - No Session – Melbourne Cup holiday				
Tues 14 th Nov	MATCH Year 7/8/9 VS Bendigo SE College	Full day excursion – details to be provided via an excursion form closer to the date (18 players)	9.00 – 3.30pm	Lachlan Armstrong
Tues 21 st Nov	Match analysis of Bendigo SE Game Taylors Lakes Campus Gymnasium	Video analysis of the match and light physical preparation for 7/8 Affiliate's Cup (18 players)	2.00 – 3.30pm	Lachlan Armstrong
Tues 28 th Nov	Taylors Lakes Gymnasium	End of Year Futsal Competition (18 players)	1.45 – 3.30pm	Lachlan Armstrong

- Students must check the weekly ACS sport outline as locations, times and activities may be subject to change**

2017 Affiliate's Cup Dates (Venue: Keilor Park Synthetic Pitches)

Intermediate (yrs 9 & 10) boys – Wednesday 18 October Intermediate (yrs 9 & 10) girls – Thursday 19 October
Junior (yrs 7 & 8) boys – Wednesday 22 November Junior (yrs 7 & 8) girls – Thursday 23 November