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- *VEC FC – UCL PREMIER DIVISION CHAMPIONS 2018-2019*
- *CHALLENGE CUP FINAL*
- *5th ROUND OF FAI JUNIOR CUP*

Key Information for 2018-2019:

- ❖ VEC Legend Simon Roche is coming on board as Assistant Manager for the first team this year. “*Champagne*” Roche brings a wealth of knowledge about football, the VEC, socialising and women. His number is available on the VEC whatsapp group if you need advice on any of the above.
- ❖ We have arranged Whelan Park in Larkview as our venue for training on Thursday evenings at 8.45pm this season. This means a number of things:
 - Proper organised training sessions in an excellent facility;
 - 8.45pm start to allow all first team players make the sessions – *NO EXCUSES*;
 - Closer proximity to VEC.
- ❖ We have set up a Revolut account to allow payment of training and match fees via a “Fintech” solution, so as James McGauran never misses a payment again.
- ❖ Pre-season training for the 2018-2019 season commences on **17th July 2018 at 6.45pm** in Spawell or VEC Sportsground, Terenure, to be finalised this coming week. See the detailed pre-season information on page 2 for further info. It is expected that first-teamers will make an effort to attend pre-season sessions even if struggling with knocks etc, to build towards the new season together.
- ❖ Per above, from 20th September onwards, training on Thursdays will be in Whelan Park, Larkview from 9.00pm to 10.00pm (€5). It is expected that people arrive at 8.45pm for these sessions in order to be prepared to begin training at 9.00pm. Training on Tuesdays will continue as normal at 6.45pm in VEC Sportsgrounds, Terenure.
- ❖ VEC Social Calendar for 2018-2019 also outlined on Page 2 (ref. Killian Finlay & Gavin Murphy)
- ❖ “*Legends 2018*” now scheduled for August 11th at 2pm.
- ❖ Managers for the season are: 1st Team: Kevin O’Hanlon; Simon Roche (Assistant), David Spring.
- ❖ Trainers for the season are: Joey Byrne / Sean O’Shea / Pat Meghen + others periodically.

Pre-Season Training Schedule

	Date	Day	Time	Location	Activity
Week 1	17 July	Tues	6.45pm	Spawell/VEC	Light Training - Ball work
	19 July	Thurs	6.45pm	Spawell/VEC	Internal Matches
	21 July	Sat	9.15am	Tymon Park	ParkRun - 5km
Week 2	24 July	Tues	6.45pm	VEC	Pre-Season Session
	26 July	Thurs	6.45pm	VEC	Medium Training w/Ball work
	28 July	Sat	9am	Phoenix Park	Running & Football
Week 3	31 July	Tues	6.45pm	Rathfarnham	3km run and hill-running
	02 August	Thurs	6.45pm	VEC	Internal Match
	04 August	Sat	n/a	n/a	Bank Holiday - No session
Week 4	07 August	Tues	6.45pm	VEC	Pre-Season Session
	09 August	Thurs	6.45pm	VEC	Pre-Season Session
	11 August	Sat	2pm	VEC	Legends, Penalty King & Quiz
Week 5	14 August	Tues	6.45pm	VEC	Friendlies
	16 August	Thurs	6.45pm	VEC	Pre-Season Session
	18 August	Sat	10am	VEC	Friendlies
Week 6	21 August	Tues	6.45pm	VEC	Friendlies
	23 August	Thurs	6.45pm	VEC	Light Training - Ball work
	25 August	Sat		Home/Away	Season Starts
Week 7	28 August	Tues	6.45pm	Home/Away	Likely Midweek Matches
	30 August	Thurs	6.45pm	n/a	n/a
	01 September	Sat		Home/Away	Matches
Week 8	04 September	Tues	6.45pm	Home/Away	Likely Midweek Matches
	06 September	Thurs	6.45pm	n/a	n/a
	08 September	Sat		Home/Away	Matches
Week 9	11 September	Tues	6.45pm	VEC	Normal Training
	13 September	Thurs	6.45pm	VEC	Normal Training
	15 September	Sat		Home/Away	Matches
Normal	18 September	Tues	6.45pm	VEC	Normal Training
	20 September	Thurs	9pm	Whelan Park	Normal Training

Social Calendar

2018	11th August	VEC & Brady's	Legends 2018 and End of Season Awards
	25th August	Brady's Terenure	"Subs for Pints" Saturday
	15th September	Brady's Terenure	2nd "Subs for Pints" Saturday
	20th October	Templeogue United	Club Pool & Darts Championships
	8th December	Brady's Terenure	Christmas Drinks & "Credit Card Roulette"
	29th December	Greenhills Astro	Annual Le Tournoi 5-a-side
2019	19th April	Footgolf	Good Friday Footgolf & Pints
	25th May	Brady's Terenure	End of Season Drinks
	10th August	VEC	Legends 2019 and End of Season Awards