

TRAINING SCHEDULE – TERM I – 2017

Times and Sessions are subject to change prior to commencement in 2017. Changes will be forwarded via email

Venue	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
50m Pool	6.00am-7.45am Swimming	6.00am-7.45am Swimming	6.00am-7.45am Swimming COMPULSORY SESSION	6.00am-7.45am Swimming	6.00am – 8.00am Water Polo U13, U14 U16 Blue Teams
Windsor Park		Cricket 6.30am – 7.30am		Soccer Skills All Teams 6:30am – 7:30am	
				Club Netball 12years to Inters	
PHSC		Basketball 6.45am – 7.45am Year 8	UNDERCROFT Soccer – Fitness 6.30 – 7.45am	Basketball 6.45am – 7.45am Year 10	Artistic Gymnastics 6.30am – 8.00am
	Netball Strength and Conditioning 6.30am – 7.30am	Basketball Strength and Conditioning 6.30am – 7.30am	Cross Country 6.30am – 7.45am COMPULSORY SESSION FROM WK 7 ONWARDS	Artistic Gymnastics 6.30am – 8.00am	Cross Country 6.30am – 7.45am
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	Basketball 6.45am – 7.45am Year 7	Artistic Gymnastics 6.30am – 8.00am	Basketball 6.45am – 7.45am Year 10	6.00am-7.45am Swimming Strength & Conditioning	Basketball 6.45am – 7.45am Year 9
LUNCH					
50m Pool	Swimming 3.30pm – 4.45pm	Swimming 3.30pm – 4.45pm Lifesaving from Wk 7 onwards	Water Polo & Strength and Conditioning 3.30pm-5.30pm U15, U16 Brown, U18	Swimming 3.30pm – 4.45pm	Swim Meets Wk 2 – 5
PHSC	Basketball 3.30 – 4.30pm - Year 9 4.30 – 5.30pm - Open	Basketball 3.30-4.30 Open	Basketball 3.30 – 4.30pm -Year 7 4.30 – 5.30pm - Year 8	Basketball 3.30 – 5.30pm Senior A & B	Autumn Fixtures Wk 7 onwards
Windsor Park		Soccer - Skills All Teams	Cricket Fixtures		Autumn Fixtures Wk 7 onwards
		Touch Football 3.30pm – 5.00pm	Softball 3.30pm – 5.00pm	Touch Football 3.30pm – 5.00pm	Cricket 3:30pm – 5:00pm
		Club Netball 8 – 11 Years			
Undercroft	All St M Students Term I Senior Touch Strength and Conditioning 3.20pm – 4.30pm				

Saturday Swimming Training – St Margaret’s 50m Pool – 6:30am to 7:45am