



TRAINING SCHEDULE – TERM I – 2018

Times and Sessions are subject to change prior to commencement in 2018. Changes will be forwarded via email

Venue	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
50m Pool	6.00am-7.45am Swimming	6.00am-7.45am Swimming	6.00am-7.45am Swimming COMPULSORY SESSION	6.00am-7.45am Swimming	Water Polo 6:30am – 7:30am Land – 7:30am – 8:00am U15 Blue & Brown	7:00am-8:15am Swimming
Windsor Park				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	
	Cross Country 6.30am – 7.45am					
	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	
Drama Room					Dance 6.30am – 7.30am	
LUNCH						
50m Pool	Swimming 3.30pm – 4.45pm	Swimming 3.30pm – 4.45pm Lifesaving from Wk 7 onwards	Water Polo 3:30pm – 4:30pm Land – 4:30pm – 5:00pm U18 Blue, U13	Swimming 3.30pm – 4.45pm	Swim Meets Wk 2 – 6	
Dram Room		Dance 3.30pm – 4.45pm				
PHSC	Basketball 3.30 – 4.30pm - Year 9 4.30 – 5.30pm - Open	Basketball 3.30 – 5:00pm Senior A & B	Basketball 3.30 – 4.30pm -Year 7 4.30 – 5.30pm - Year 8	Basketball 3.30 – 5.30pm Open	Autumn Fixtures Wk 8 onwards	
Windsor Park		Soccer - Skills All Teams	Cricket Fixtures	Touch Football 3.30pm – 5.00pm	Autumn Fixtures Wk 8 onwards	
		Touch Football 3.30pm – 5.00pm	Softball 3.30pm – 5.00pm			
		Club Netball 8 – 11 Years				
		Cricket(Nets) 3:30 – 5:00pm				
Undercroft	All St M Students Term I Senior Touch Strength and Conditioning 3.20pm – 4.30pm					