

Summer Sports Training Schedule- Term 4 2019

FULL SPORTS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BASKETBALL Opens (Yrs 10-11)	Competition -The DEN (See draw for times)	1 st VIII - GYM 3.45pm-5.00pm	Fitness (Optional) 3:45 – 5pm (Wakefield)	GYM- 3.45pm-5.00pm		Inter-house Basketball Weeks 2, 4, 6, All courts 9.00am-12.00pm
Yr 9	Fitness (Optional) Years 8-9 3:45 – 5pm (Wakefield)	Comp. 4.20pm- The DEN	Gym 3.45pm-5.00pm			
Yrs 5-8		Comp. 4.20pm- The DEN		Belfield Courts 3.45pm-5.00pm		
CRICKET Opens (Yrs10-11)		Turf Nets & Cricket Oval 3.45pm-5.00pm	Fitness (Optional) 3:45 – 5pm (Wakefield)	Turf Nets & Cricket Oval 3.45pm-5.00pm		Saturday 12.45pm Games
16s (Yrs 8-9)	Fitness (Optional) 3:45 – 5pm (Wakefield)	Cricket Oval 3.45pm-5.00pm	Synthetic Nets 3.45pm-5.00pm		4 – 7:30pm Games	
14s (Yrs 6-7)		Synthetic Nets 3.45pm-5.00pm		Cricket Oval 3.45pm-5.00pm		Saturday 8.45am Games
12s (Years 5)	Synthetic Nets 3.45pm-5.00pm		Wakefield 3.45pm-5.00pm			
KAYAKING	TAS Pool 6:30-8:30pm			Croft Dam 3.45-5.00pm TBC		Trips Away 2/term TBC
MOUNTAIN BIKING	Strava ride		training 3.45-5.00pm (Kook, Doody, UNE)			Sat.9-11am Piney/Sport UNE
ROWING	30min Ergs 4-6pm	Malpas 5:15 – 8pm		Wakefield 6:15 – 7:15am	Malpas 5:15pm -	11:30am Saturday
SHOOTING	TAS Range 4.00-6.00pm			TAS Range 4.00pm-6.00pm		Comp. Saturday or Sunday TBC
SQUASH		Smith House 3.45pm-5.00pm		Smith House 3.45pm-5.00pm		
TENNIS	Fitness Years 9-11 3:45 – 5pm (Backfield)	Competition/Training Tennis (MS & Park Courts) Years 5-7 3.45pm-5.00pm	Competition (All Courts) Years 9-11 3.45pm-5.00pm Fitness Years 5-8 3:45 – 5pm (Backfield)	Competition/Training Tennis (MS/Park Courts) Year 8 3.45pm-5.00pm		Weeks 1, 3, 5, (All Courts) 9-12pm Schedule to follow
TRIATHLON #	Tuesday swim 6:15-7:15am	Tuesday Swim/run 3:45-5pm	Wednesday ride 6:30-7:15am	Wednesday run 3:45-5pm	Thursday swim 6:15 -7:15am	Thursday ride/run 3:45-5pm
# Number of sessions vary depending on age and experience						

Extra Sports on next page

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Extra Sports	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
STRENGTH & CONDINTIONING (Gym)	3.45pm-5.15pm	6.00am-7.30am 3.45pm-5.15pm	6.00am-7.30am 3.45pm-5.15pm	6.00am-7.30am 3.45pm-5.15pm	6.00am-7.30am 6.00am-7.00am General Fitness (Cricket Oval)*	
SWIMMING		TAS Pool 6.15am		TAS Pool 6.15am		
VOLLEYBALL (YRS 9-11)	5:45 -8:30pm Competition- Sport UNE			5-7pm Training- Sport UNE		
TOUCH FOOTBALL YRS (6-8)				5-7pm Rologas		
GIRLS FUTSAL				4:00 – 6:00pm - PLC		

* This session is only available to students who have attended all sessions during the week – including any optional fitness sessions.