

Summer Sports Training Schedule- Term 4 2020

Sport	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		GYM- 3.45pm-5.00pm		Basketball Clinic Weeks 4 & 6, All courts 9.00am-12.00pm
Yr 9		Comp. 4.20pm- The DEN	Gym / Belfield Courts 3.45pm-5.00pm			
Yrs 5-8		Comp. 4.20pm- The DEN		Belfield Courts 3.45pm-5.00pm		
CRICKET						
Opens (Yrs 9/10/11)	7-8am Green Room rostered session in groups of 3-4	Turf Nets & Cricket Oval 3.45pm-5.00pm	7-8am Green Room rostered session in groups of 3-4	Turf Nets & Cricket Oval 3.45pm-5.00pm		Saturday 12.45pm Games
15s (Yrs 7/8/9)		Synthetic Nets 3.45pm-5.00pm		Wakefield/Green Rm 3.45pm-5.00pm	Weekday Games (Day TBC)	
13s (Years 5/6/7)		Wakefield/Green Rm 3.45pm-5.00pm		Synthetic Nets 3.45pm-5.00pm		Saturday 8.45am Games
FUTSAL						
	Girls 4:00 – 6:00pm PLC				Open 4:00 – 6:00pm MS Courts	
KAYAKING						
	TAS Pool 6:30-8:30pm			Croft Dam 3.45-5.00pm TBC		Trips Away 2/term TBC
MOUNTAIN BIKING						
	training 3.45-5.30pm Sport UNE		training 3.45-4.45pm (Doody)/ Strava ride			Sat.9-11am Piney/ Strava ride
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		
SWIMMING						

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	Monday	TAS Pool 6.15am Tuesday	Wednesday	TAS Pool 6.15am Thursday	Friday	Saturday/Sunday
TENNIS						
		Competition/Training (All Courts) 3.45pm-5.00pm		Competition/Training (MS/Park Courts) 3.45pm-5.00pm		Weeks 1, 3, 5, (All Courts) 9-12pm
TRIATHLON						
		swim 6:15-7:15am Swim/run 3:45-5pm ride 3:45-5pm	ride 6:30-7:15am	swim 6:15 -7:15am ride/run 3:45-5pm		Sunday – Armidale Series
Number of sessions vary depending on age and experience						
VOLLEYBALL						
(YRS 9-11)	4.45-7.30pm Competition- Sport UNE		3:45-5pm Belfield			
STRENGTH & CONDITIONING						
TAS 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	

JUNIOR SCHOOL						
Ball Skills	3.45-4.45pm JS Playground					
Basketball	Games 4.00pm- The DEN		3.45-4.45pm Belfield / Gym			
Cricket	3.45-4.45pm Synthetic Nets					Saturday 8.45am Games
Gymnastics	3.45-4.45pm Armidale Gymnasium					
Indoor Hockey	3.45-4.45pm (TBC)				Games 3.45pm TAS Gym / Den	
Swimming				3.45-4.45pm TAS Pool		
Tennis	3.45-4.45pm Park Courts					



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