

## Summer Sports Training Schedule- Term 4 2020

Sport	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BASKETBALL</b>						
<b>Opens (Yrs 10-11)</b>	Competition -The DEN (See draw for times)	1 <sup>st</sup> VIII - GYM 3.45pm-5.00pm		GYM- 3.45pm-5.00pm		Basketball Clinic Weeks 4 & 6, All courts 9.00am-12.00pm
<b>Yr 9</b>		Comp. 4.20pm- The DEN	Gym / Belfield Courts 3.45pm-5.00pm			
<b>Yrs 5-8</b>		Comp. 4.20pm- The DEN		Belfield Courts 3.45pm-5.00pm		
<b>CRICKET</b>						
<b>Opens (Yrs 9/10/11)</b>	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
<b>15s (Yrs 7/8/9)</b>		Synthetic Nets 3.45pm-5.00pm		Wakefield/Green Rm 3.45pm-5.00pm	Weekday Games (Day TBC)	
<b>13s (Years 5/6/7)</b>		Wakefield/Green Rm 3.45pm-5.00pm		Synthetic Nets 3.45pm-5.00pm		Saturday 8.45am Games
<b>FUTSAL</b>						
	Girls 3:45-5pm TAS	Girls 4:00 – 6:00pm PLC			Open 4:00 – 6:00pm MS Courts	
<b>KAYAKING</b>						
	TAS Pool 6:30-8:30pm			Croft Dam 3.45-5.00pm TBC		Trips Away 2/term TBC
<b>MOUNTAIN BIKING</b>						
	training 3.45-5.30pm Sport UNE		training 3.45-4.45pm (Doody)/ Strava ride			Sat.9-11am Piney/ Strava ride
<b>ROWING</b>						
	30min Ergs 4-6pm	Malpas 5:15 – 8pm		Wakefield 6:15 – 7:15am	Malpas 5:15pm -	11:30am Saturday
<b>SHOOTING</b>						
	TAS Range 4.00-6.00pm			TAS Range 4.00pm-6.00pm		<b>Comp. Saturday or Sunday TBC</b>
<b>SQUASH</b>						
		Smith House 3.45pm-5.00pm		Smith House 3.45pm-5.00pm		
<b>SWIMMING</b>						

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday/Sunday</b>
<b>TENNIS</b>						
		Competition/Training (All Courts) 3.45pm-5.00pm		Competition/Training (MS/Park Courts) 3.45pm-5.00pm		<b>Weeks 1, 3, 5,</b> (All Courts) 9-12pm
<b>TRIATHLON</b>						
		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						
<b>VOLLEYBALL</b>						
<b>(YRS 9-11)</b>	4.45-7.30pm Competition- Sport UNE		3:45-5pm Dangarfield			
<b>STRENGTH &amp; CONDITIONING</b>						
<b>TAS Gym</b>	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	

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