

Summer Sports Training Schedule- Term 1 2021

Sport	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BASKETBALL MIC Mr Ken Secker: ksecker@as.edu.au						
Opens (Yrs 11-12)	Competition -The DEN (See draw for times)	1 st VIII - GYM 3.45pm-5.00pm		GYM- 3.45pm-5.00pm		Basketball Clinic Dates TBC 9.00am-12.00pm
Yr 9-10		Comp. 4.20pm- The DEN	Gym / Belfield Courts 3.45pm-5.00pm			
Yrs 6-8		Comp. 4.20pm- The DEN		Belfield Courts 3.45pm-5.00pm		
CRICKET MIC Mr William Waterson: wwaters1@as.edu.au						
Opens	Turf Nets & Cricket Oval 3.45pm-5.00pm	7.00am-8.00am Green Room rostered Sessions	Turf Nets & Cricket Oval 3.45pm-5.00pm	7.00am-8.00am Green Room rostered Sessions		Saturday 12.45pm Games
15s		Synthetic Nets 3.45pm-5.00pm		Wakefield/Green Rm 3.45pm-5.00pm		Saturday 8.45am Games
13s		Wakefield/Green Rm 3.45pm-5.00pm		Synthetic Nets 3.45pm-5.00pm		Saturday 8.45am Games
FUTSAL Rev Newton: rnewton@as.edu.au						
	MS Courts 3.45pm-5.00pm		3.45pm-7.00pm PLC Games		Open 4:00 –5:00pm MS Courts TBC	
KAYAKING MIC Ms Emma Channon: echannon@as.edu.au						
	TAS Pool 6:30-8:30pm			Croft Dam 3.45-5.00pm TBC		Trips Away 2/term TBC
MOUNTAIN BIKING MIC Mrs Jo Benham: jbenham@as.edu.au						
	Training Kookaburra Crest 4.45pm-6.15pm		Training Sport UNE/Doody Park 3.45pm-5.00pm			Sat.9-11 am Piney/ Strava ride
ROWING MIC Mr Ben MacDougall: ben.macdougall1@gmail.com						
	30min Ergs 4-6pm	Malpas 5:15 – 8pm		Wakefield 6:15 – 7:15am	Malpas 5:15pm -	11:30am Saturday
SHOOTING MIC Mr David Lawrence dlawrenc@as.edu.au						
	TAS Range 4.00-6.00pm			TAS Range 4.00pm-6.00pm		Comp. Saturday or Sunday TBC
SQUASH Ms Belinda Macri: bmacri@as.edu.au						
		Smith House 3.45pm-5.00pm		Smith House 3.45pm-5.00pm		
SWIMMING MIC Mr Jim Pennington: jpenning@as.edu.au						
		TAS Pool 6.15am		TAS Pool 6.15am		

Summer Sports Training Schedule- Term 1 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
TENNIS MIC Mr Christian Nexo: cnexo@as.edu.au						
		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 MIC Mr Jim Pennington: jpenning@as.edu.au						
		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 Mr Stephen Thompson: sthomps1@as.edu.au						
(YRS 9-12)	4.45-7.30pm Competition- Sport UNE		3:45-5pm Belfield			
STRENGTH & CONDITIONING dcc@as.edu.au						
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 Sports Co-ordinator Mrs Christine Wright: cwright@as.edu.au						
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					

Please contact the MIC or supervising staff member for each sport if you have any questions.