

Term 4 Sport - Training Schedule - Weeks 2-3 only - commences Tuesday 8 October, 2024.



Note - the only training sessions in Week 1, Term 4 are Track & Field sessions. Refer to the T&F Season Schedule on Locker Room.

Note - no session on Monday 7th October, public holiday.

**This schedule is only for Weeks 2-3. Selection Trials for AFL, Cricket and Volleyball will commence in Week 4, Term 4 from Monday 21st October. There will be an updated schedule for Weeks 4-9 available soon.**

MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands - Chadwick Park	6:30-8:00am	Zone Cricket	Zone Cricket	Zone Cricket		Cricket Firsts & Dev Squads
Langlands Pool	Varied	Swimming - Squad session (6:30-7:45am)	Swimming (7-8am)		Swimming (7-8am)	
Coorparoo AFL	6:15-7:45am	AFL Firsts Squad		AFL Firsts Squad		
S&C - Villa Gym	6:45-8am	Rugby Andrew Slack Squad (6:30-8am)	Cricket Firsts & Dev Squads	Football Firsts Squad	Rugby Ben Mowen Squad	Rugby Andrew Slack Squad (6:30-8am)
Speed & Agility - Whinstanes	7:00-8:00am					Years 5-8 Paid Programme
AFTERNOON	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands - Chadwick Park	3:15-4:45pm				Rugby Andrew Slack Squad	
Goold Hall	4:45-6:30pm		Volleyball Firsts Squad		Volleyball Firsts Squad	
Villa Park	3:45-5:15pm	Football Firsts Squad	Football Dev Squad	Cricket Firsts Squad		
S&C - Villa Gym	3:15-4:30pm	Rugby Ben Mowen Squad	AFL Firsts & Volleyball Firsts Squads	Rugby Andrew Slack Squad	AFL Firsts & LTAD Years 7-9	Football Dev Squad

Staff Session - 4:30-5:15pm

- \* AFL
- \* Cricket
- \* Swimming
- \* Volleyball
- \* Football
- \* Rugby Union

Coorparoo AFL - Birubi St, Coorparoo

Langlands Pool - 5 Panitya St, Stones Corner

Buses will transport AFL boys from Coorparoo to Villanova College on Mon and Wed mornings.

Buses will transport Cricket and Football boys one-way to Villa Park on Mon, Tues and Wed afternoons. Parents pick-up from Villa Park between 5:00-5:15pm.