

Term 4 Sport - Training Schedule - Weeks 4-9 - commences Monday 21st October, 2024.



**This schedule is only for Weeks 4-9. Selection trials and training schedules for AFL, Cricket and Volleyball are separate to this document and available as separate links on the Locker Room pages.**

MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands - Chadwick Park	6:30-8:00am		Ben Mowen Squad			
Langlands Pool	Varied	Swimming - Squad session (6:30-7:45am)	Swimming (7-8am)	Swimming Green Squad (Villa Pool) (7-8am)	Swimming (7-8am)	
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
Easts Rugby Union - Halifax St	3:30-5:00pm				Rugby Andrew Slack Squad	
Villa Park	3:45-5:15pm	Football Firsts Squad	Football Dev Squad			
S&C - Villa Gym	3:15-4:30pm	Rugby Ben Mowen Squad	AFL Firsts & Volleyball Firsts Squads	Rugby Andrew Slack Squad (3:15-4:45pm)	AFL Firsts & LTAD Years 7-9 & Swimming	Football Dev Squad

Staff Session - 4:30-5:15pm

- \* Swimming
- \* Football
- \* Rugby Union
- \* Strength & Conditioning and Speed & Agility

Easts Rugby Union - Halifax St, Norman Park  
Langlands Pool - 5 Panitya St, Stones Corner

Buses will transport Football boys one-way to Villa Park on Mon and Tues afternoons and Easts Rugby Union on Thurs afternoons. Parents pick-up from venues after training.

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