

Villanova College - Term 1, 2025 - Training Schedule - commences Tuesday 28th January (version current Jan 28)

Schedule for Weeks 1-8, Term 1.



See notes below for specific start dates for some squads.

* No sessions Monday 27th January due to the Public Holiday.

* S&C gym starts from Tuesday afternoon 28th January (no session Tuesday morning 28/1)

* Andrew Slack Field starts from Wednesday afternoon 29th January (no session Tuesday morning 28/1)

* Football Development Squad Field starts from Week 2 (no session Tuesday afternoon 28/1)

Please note a more detailed Cricket Term 1 Training Schedule is available on the Locker Room Cricket page.

MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands – Chadwick Park	6:30-8:00am	Cricket 6A/6B/6C/7B	Cricket 9A/9B/9C/10B/7D	Cricket 7A/7B/8A/8B/7C	Cricket 5A/5B/5C/5D/5E	Cricket 1st XI/3rds/4ths/8C
Coorparoo AFL	6:15-7:45am	AFL Opens & Year 10		AFL Opens & Year 10		
Langlands Pool	times vary	Swimming - Squad session (6:30-7:45am)	Swimming (7-8am)	(Green Swim Squad - Villa Pool 7-8am)	Swimming (7-8am)	
Goold Hall	6:45-8:00am	9A/9B	7C/7D	9B	11B/11C	8A/8B
Goold Hall	6:45-8:00am	7A/7B	8B	9A	7A/7B	8C/8D
East's Rugby Union	6:15-7:45am		Rugby Andrew Slack Squad field		Rugby Ben Mowen Squad field	
Strength & Conditioning - Gym	6:45-8:00am	Rugby Andrew Slack Squad (6:30-8:00am)	Cricket 1st XI/Year 7-8 LTAD	Rugby AS squad make up session- only if you miss Mon or Thurs.	Rugby Andrew Slack Squad (6:30-8:00am)	Rugby Ben Mowen Squad
Speed & Agility - Whinstanes	7:00-8:00am		Paid Programme Years 5-8- commencing week 4 (February 18th)	Paid Programme Years 5-8- commencing week 4. (February 19th)		
AFTERNOON	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands – Chadwick Park	3:30-5:00pm	Cricket 5A/5B	Cricket 8A/8B/8C	Cricket 3rds/6A/6B	Cricket 9B/7A	Cricket - Wildcats Academy
Villa Park	3:45-5:15pm	Firsts Football Squad	Cricket 2nds/10A Football Development Squad	Cricket 1st XI Firsts Football Squad	Cricket 2nds/10A/9A	
Coorparoo AFL	3:30-5:00pm	AFL Year 8 & Year 9	AFL Year 7 & Year 8	AFL Year 5 & Year 6	AFL Year 7 & Year 9	
Goold Hall	3:15-4:45pm	10A/10B	11A/11B	10B/10C	10A	1st VI (3.30pm - 4.30pm)
Goold Hall	3:15-4:45pm	2nd VI	9C/9D	8A	2nd /3rd VI	
Goold Hall	4:45-6:15pm	11A/10A (10A finish at 5.30pm)	1st VI		1st VI	
East's Rugby Union	3:30-5:00pm			Rugby Andrew Slack Squad field		
Strength & Conditioning - Gym	3:15-4:30pm	Swimming/Year 9-12 LTAD/Rehab program	AFL Firsts & Volleyball Firsts	Rugby Ben Mowen Squad	Firsts Football & Dev Squad	Year 7-12 LTAD

* Staff S&C session 4:30-5:15pm on Tuesday's

In-Season Sports (take priority):

- * AFL
- * Cricket
- * Swimming
- * Volleyball

Pre-season Sports:

- * Football
- * Rugby Union

Addresses:

- * Coorparoo AFL - 33 Birubi St, Coorparoo.
- * Langlands Pool - 5 Panitya St, Stones Corner.
- * Villa Park - 910 Manly Rd, Tingalpa
- * East's Rugby Union - 31 Halifax St, Norman Park

Buses:

- * Buses will transport AFL boys (one-way) from Coorparoo AFL to the College on Mon & Wed mornings.
- * Buses will transport AFL boys (one-way) from the College to Coorparoo AFL on Mon, Tues, Wed and Thurs afternoons. Parents must collect boys from Coorparoo AFL.
- * A bus will transport Football boys (one-way) from the College to Villa Park on Mon, Tues & Wed afternoons. Parents must collect boys from Villa Park between 5:00-5:15pm.
- * A bus will transport Rugby boys (one-way) to/from East's Rugby Union on Tues & Thursday mornings and Wed afternoons.