

## Villanova College - Term 1, 2025 (Weeks 9-10) - Training Schedule - commences Monday 24th March (March 21 version)

Schedule for Weeks 9-10 of Term 1, Trimester 2 Sport

All Trimester 2 Sport sessions commence from Monday morning, 24th March.

Final Term 1 sessions will be Thursday 3rd April (no sessions on final day of school, Friday 4th April)



### Weeks 9-10, Term 1 only.

MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands - Chadwick Park	6:45-8:00am	Football Year 6	Rugby Union Year 6	Football Year 5 (not in Week 9)	Rugby Union Year 5 (not Week 9)	Cross Country, Years 5-Open
		Cross Country, Years 5-Open		Cross Country, Years 5-Open		
Whinstanes Oval	6:45-8:00am					
Strength & Conditioning - Gym	6:45-8:00am	Rugby Union Firsts/Seconds Squad (6:30-8:00am)	Year 7-8 LTAD	Rugby Union Firsts/Seconds make up session- only if you miss Mon or Thurs.	Rugby Union Firsts/Seconds Squad (6:30-8:00am)	*Staff S&C session
Speed & Agility - Whinstanes	7:00-8:00am		Years 5-8 (S&A Training - paid program)	Years 5-8 (S&A Training - paid program)	Years 5-8 (S&A Training - paid program: WEEK 9 only)	
AFTERNOON	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands - Chadwick Park	3:15-4:30pm	Football Year 5 (not in Week 9)	Rugby Union Year 5 (not in Week 9)	Football Year 6	Rugby Union Year 6	
Whinstanes Oval	3:15-4:30pm					
Villa Park	3:45-5:15pm	Football Years 7-Open	Rugby Union Years 7-Open	Football Years 7-Year 10	Rugby Union Years 7-Open	
					Football Firsts/Seconds	
Goold Hall	5:00-6:30pm					
Morningside Tennis Centre	6:00-7:30pm		Tennis Firsts Squad			
Strength & Conditioning - Gym	3:15-4:30pm	Tennis Firsts Squad/Year 9-12 LTAD/Rehab program	Football Firsts/Seconds	Year 7-12 LTAD	Basketball Firsts/Cross Country	Year 7-12 LTAD

In-Season Sports (take priority):

\* Cross Country

\* Football

\* Rugby Union

\* Speed and agility + Strength and Conditioning

Pre-season Sports:

\* Basketball (Firsts squad training Sunday)

\* Rugby League

\* Tennis

Addresses:

\* Villa Park - 957 Manly Rd, Tingalpa

\* Morningside Tennis Centre - 123 Beverley St, Morningside

Buses:

\* Buses will transport students to Villa Park on Mon, Tues, Wed & Thurs afternoons. **Parents to arrive for pick up at Villa Park from 5pm.**