

**Villanova College High Performance Basketball Program
2018 Training Schedule**

Year 7 and Year 8 - Cubs Squad

TERM 1	Skills Tuesday Goold Hall
Week 4 – 13 February	5.15 – 7.00pm
Week 5 – 20 February	5.15 – 7.00pm
Week 6 – 27 February	5.15 – 7.00pm
Week 7 – 6 March	5.15 – 7.00pm
Week 8 – 13 March	5.15 – 7.00pm
Week 9 – 20 March	5.15 – 7.00pm
Week 10 – 27 March	5.15 – 7.00pm

TERM 2	Acceleration Tuesday Goold Hall	Skills Monday Goold Hall	Acceleration Thursday Goold Hall
Week 1 – 19 April	No Session	6.45 – 8.00am	7.15 – 8.00am
Week 2 – 26 April	No Session	6.45 – 8.00am	7.15 – 8.00am
Week 3 – 1 and 3 May	7.15 – 8.00am	6.45 – 8.00am	7.15 – 8.00am
Week 4 – 8 and 10 May	7.15 – 8.00am	6.45 – 8.00am	7.15 – 8.00am
Week 5 – 15 and 17 May	7.15 – 8.00am	6.45 – 8.00am	7.15 – 8.00am
Week 6 – 22 and 24 May	7.15 – 8.00am	6.45 – 8.00am	7.15 – 8.00am
Week 7 – 29 and 31 May	7.15 – 8.00am	6.45 – 8.00am	7.15 – 8.00am
Week 8 – 5 and 7 June	7.15 – 8.00am	6.45 – 8.00am	7.15 – 8.00am

Year 9 and Year 10 - Sabres Squad

TERM 1	Skills Tuesday Goold Hall
Week 4 – 13 Feb	5.15 – 7.00pm
Week 5 – 20 Feb	5.15 – 7.00pm
Week 6 – 27 Feb	5.15 – 7.00pm
Week 7 – 6 Mar	5.15 – 7.00pm
Week 8 – 13 Mar	5.15 – 7.00pm
Week 9 – 20 Mar	5.15 – 7.00pm
Week 10 – 27 Mar	5.15 – 7.00pm

TERM 2	Acceleration Tuesday Goold Hall	Skills Wednesday Goold Hall	Acceleration Thursday Goold Hall
Week 1 – 19 April	No Session	6.45 – 8.00am	7.15 – 8.00am
Week 2 – 26 April	No Session	6.45 – 8.00am	7.15 – 8.00am
Week 3 – 1 and 3 May	7.15 – 8.00am	6.45 – 8.00am	7.15 – 8.00am
Week 4 – 8 and 10 May	7.15 – 8.00am	6.45 – 8.00am	7.15 – 8.00am
Week 5 – 15 and 17 May	7.15 – 8.00am	6.45 – 8.00am	7.15 – 8.00am
Week 6 – 22 and 24 May	7.15 – 8.00am	6.45 – 8.00am	7.15 – 8.00am
Week 7 – 29 and 31 May	7.15 – 8.00am	6.45 – 8.00am	7.15 – 8.00am
Week 8 – 5 and 7 June	7.15 – 8.00am	6.45 – 8.00am	7.15 – 8.00am

Year 11 and Year 12 - Wildcats Squad

TERM 1	Acceleration Tuesday Multi Courts	Acceleration Thursday Multi Courts	Skills Thursday Goold Hall
Week 4 – 13 and 15 February	7.00 – 7.45am	7.00 – 7.45am	5.15 – 7.00pm
Week 5 – 20 and 22 February	7.00 – 7.45am	7.00 – 7.45am	5.15 – 7.00pm
Week 6 – 27 February and 1 March	7.00 – 7.45am	7.00 – 7.45am	5.15 – 7.00pm
Week 7 – 6 and 8 March	7.00 – 7.45am	7.00 – 7.45am	No session
Week 8 – 13 and 15 March	7.00 – 7.45am	7.00 – 7.45am	5.15 – 7.00pm
Week 9 – 20 and 22 March	7.00 – 7.45am	7.00 – 7.45am	5.15 – 7.00pm
Week 10 – 27 and 29 March	7.00 – 7.45am	7.00 – 7.45am	5.15 – 7.00pm

TERM 2	Acceleration Tuesday Goold Hall	Skills Friday Goold Hall	Acceleration Thursday Goold Hall
Week 1 – 19 April	No Session	6.45 – 8.00am	6.30 – 7.15am
Week 2 – 26 April	No Session	6.45 – 8.00am	6.30 – 7.15am
Week 3 – 1 and 3 May	6.30 – 7.15am	6.45 – 8.00am	6.30 – 7.15am
Week 4 – 8 and 10 May	6.30 – 7.15am	6.45 – 8.00am	6.30 – 7.15am
Week 5 – 15 and 17 May	6.30 – 7.15am	6.45 – 8.00am	6.30 – 7.15am
Week 6 – 22 and 24 May	6.30 – 7.15am	6.45 – 8.00am	6.30 – 7.15am
Week 7 – 29 and 31 May	6.30 – 7.15am	6.45 – 8.00am	6.30 – 7.15am
Week 8 – 5 and 7 June	6.30 – 7.15am	6.45 – 8.00am	6.30 – 7.15am

