



# Training Schedule Term 2– 2019

*AIC Rugby & Football Yr. 5 and 6*

*AIC Rugby & Football Yr. 7 - 12– commencing after school till 5:00 - 5:15pm*

*AIC Chess – During Lunch Breaks*

*AIC First IV Squad Tennis*

*AIC X-Country*

*AIC First V Squad Basketball*

*Basketball Development Squads*

Morning	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langland's	Cross Country Year 7 – Open 6:45am – 8:00am Football 5A, 5B and 5 White	Rugby Year 6 7:00am - 8:00am	Cross Country Year 7 – Open 6:45am – 8:00am	Rugby Year 5 7:00am - 8:00am	Cross Country Year 7 – Year 12 6:45am – 8:00am
Whinstanes 7:00am – 8:00am	Football Year 6A & 6B		Football Year 6C & 6 White	Football Year 6A, 6B & 5B	Football Year 5C and 5 Gold
Goold Hall	Basketball Cubs 6:30am – 8:00am	Basketball Sabres 6:30am – 8:00am	Basketball Cubs 6:30am – 8:00am	Basketball Sabres 6:30am – 8:00am	Basketball Wildcats 6:30am – 8:00am
Tolentine 10	Chess Year 5 - Open	Chess Middle & Senior School	Chess Middle & Senior School	Chess Year 5 - Open	Chess Year 5 - Open
Afternoon	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langland's 3:15pm – 4:45pm	Cross Country Year 5 & 6 3.15pm – 4.30pm	Rugby Year 5	Cross Country Year 5 & 6 3.15pm – 4.30pm	Rugby Year 6	
Whinstanes 3:15pm – 4:45pm			Football Year 5A		Football Year 6 Gold
Villa Park 3:30pm/3:45pm – 5:00pm/5:15pm	Football Year 7 - Open	Rugby Year 7 – Open Football 1 <sup>st</sup> XI & 2 <sup>nd</sup> XI	Football Year 7 – Open	Rugby Year 7 – Open Football 1 <sup>st</sup> XI & 2 <sup>nd</sup> XI	
Morningside Tennis Centre			1 <sup>st</sup> IV Tennis Development Squad 6:00pm - 7:30pm		
Goold Hall	Basketball Wildcats 3:15pm – 5:00pm		Basketball 1st V Squad 3:15pm – 5:00pm		
Churchie Tennis Centre					Villa Tennis Accelerated Skills Program Year 6 & 7 5:00pm - 6:00pm Year 8 & 9 6:00pm - 7:00pm