

TRAINING SCHEDULE – TERM 1, Weeks 9 & 10, 2023

AIC Rugby Union AIC Football AIC Chess (TBC) AIC Cross Country AIC Basketball First V Squad AIC Basketball Development Squads AIC Senior Tennis

MORNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Little Langlands (Chadwick Park)	Football Year 5 6:45-8:00am	Cross Country Years 5 – Open 6:45–8:00am Rugby Year 5 6:45-8:00am	Football Year 6 6:45-8:00am	Cross Country Years 5 – Open 6:45–8:00am Rugby Year 6 6:45-8:00am	Cross Country Years 5 – Year 12 6:45–8:00am
AFTERNOON	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Little Langlands (Chadwick Park)	Football Year 6 3:15-4:30pm	Rugby Year 6 3:15-4:30pm	Football Year 5 3:15-4:30pm	Rugby Year 5 3:15-4:30pm	
Villanova Park	Football Year 7-Open 3:45-5:15pm	Rugby Year 7–Open 3:45-5:15pm	Football Year 7-Open 3:45-5:15pm	Rugby Year 7–Open 3:45-5:15pm	
Goold Hall	1 st Basketball 5:00pm – 7:00pm		1 st Basketball 5:00pm – 7:00pm		1 st Basketball 3:15pm – 4.30pm

- *Field allocations for Football & Rugby on the next page.*

Field allocations for Football and Rugby trials (Weeks 9 & 10, Term 1).

Football @ Villa Park, Monday and Wednesday:

- Field 1 – Opens
- Field 2 – spare.
- Field 3 – Year 9
- Field 4 – Year 10
- Field 5 – 1sts & 2nds training
- Field 6 – Year 7
- Field 7 – Year 8

Rugby @ Villa Park, Tuesday and Thursday:

- Field 1 – 1sts & 2nds training
- Field 2 – Opens
- Field 3 – Year 8
- Field 4 – Year 7
- Field 5 – spare
- Field 6 – Year 10
- Field 7 – Year 9

