

Term 4, 2023 - Training Schedule - Weeks 2-4, commences Monday 9th October (Note - commences Week 2, Term 4)**

MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands – Chadwick Park	6:30-8:00am	Cricket Zone	Cricket Zone	Cricket Zone	Rugby Andrew Slack Squad	
Coorparoo AFL	6:15-7:45am	AFL Firsts Squad		AFL Firsts Squad		
Langlands Pool	times vary		Swimming (7-8am)		Swimming (7-8am)	Swimming - Squad session (6:15-7:45am)
Strength & Conditioning - Gym	6:45-8:00am	Cricket Firsts Squad	Rugby Ben Mowen Squad	Rugby Andrew Slack Squad	Rugby Ben Mowen Squad	Year 7-12 LTAD
Speed & Agility - Whinstanes	7:00-8:00am	Years 9-12 (Athletix)		Years 7-8 (Athletix)		Years 5-6 (External)
AFTERNOON	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands – Chadwick Park	3:30-5:00pm		Cricket Firsts Squad		Cricket Firsts Squad	
Villa Park	3:45-5:15pm	Firsts Football Squad	Football Development Squad			
Goold Hall	3:15-4:45pm	Basketball -CBSQ - Year 9/10		Basketball -CBSQ - Year 7/8		
Goold Hall	4:45-6:45pm	Basketball -Nationals	Volleyball Firsts Squad	Volleyball Development Squad	Volleyball Firsts Squad	
* Goold Hall (external bookings)	times vary	SDBA (6:45-8:15pm)			SDBA (6:45-8:15pm)	
Strength & Conditioning - Gym	3:15-4:30pm	Rugby Andrew Slack Squad	Volleyball Firsts Squad	Firsts Football & Dev Squad	Firsts AFL Squad	Rugby Andrew Slack Squad

In-Season Sports (take priority):

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

Pre-season Sports:

- * Football
- * Rugby Union
- * Basketball

Addresses:

- * Coorparoo AFL - 33 Birubi St, Coorparoo.
- * Langlands Pool - 5 Panitya St, Stones Corner.
- * Villa Park - 910 Manly Rd, Tingalpa

Buses:

- * A bus will transport AFL boys (one-way) from Coorparoo AFL to the College on Mon & Wed mornings.
- * A bus will transport Football boys (one-way) from the College to Villa Park on Mon & Tues afternoons. Parents must collect boys from Villa Park between 5:00-5:15pm.