

Villanova College - Term 4, 2023 - Training Schedule - Weeks 5-7, commences Monday 30th October (commences Week 5, Term 4)

Please note all Sport year levels listed below are in 2024 Year Levels. Strength & Conditioning and Speed & Agility are 2023 year levels.

Please note only Firsts Squads and S&C sessions will continue in Week 8, Term 4 (all other training including Speed & Agility training will cease after Week 7)



MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands – Chadwick Park	6:30-8:00am	Cricket Zone		Cricket Zone	Rugby Andrew Slack Squad	
Coorparoo AFL	6:15-7:45am	AFL Opens & Year 9 (2024)		AFL Opens & Year 9 (2024)		
Langlands Pool	times vary		Swimming (7-8am)		Swimming (7-8am)	Swimming - Squad session (6:15-7:45am)
Goold Hall	6:30-8:00am	Volleyball Year 11 (2024)	Volleyball Year 8 (2024)	Volleyball Year 10 (2024)		
Strength & Conditioning - Gym	6:45-8:00am	Cricket Firsts Squad	Rugby Ben Mowen Squad	Rugby Andrew Slack Squad (6:30-8:00am)	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 9A/B & 8A/B	Cricket Firsts Squad	Cricket 7A/B & 6A/B	Cricket Firsts Squad	
Coorparoo AFL	3:30-5:00pm		AFL Year 7 & Year 8 (2024)	AFL Year 5 & Year 6 (2024) *	AFL Year 7 & Year 8 (2024)	
Villa Park	3:45-5:15pm	Firsts Football Squad	Football Development Squad			
Goold Hall	3:30-5:00pm	Volleyball Opens (2024)	Volleyball Year 7 (2024)	Volleyball Year 9 (2024)		
Goold Hall	5:00-7:00pm	Basketball - Nationals (5-6:30pm)	Volleyball Firsts Squad		Volleyball Firsts Squad	
* Goold Hall (external bookings)	times vary	SDBA (6:30-8pm)			SDBA (7:00-8:30pm)	
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

* Staff S&C session 4:30-5:15 on Wed

In-Season Sports (take priority):

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

* Note - AFL Year 5 only trial in Week 6

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:

- * Buses will transport AFL boys (one-way) from Coorparoo AFL to the College on Mon & Wed mornings.
- * Buses will transport AFL boys (one-way) from the College to Coorparoo AFL on Tues, Wed and Thurs afternoons. Parents must collect boys from Coorparoo AFL.
- * 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.