

Villanova College - Term 1, 2024 - Training Schedule - commences Monday morning 22nd January

Schedule for Weeks 1-8, Term 1.

All Sport sessions commence from Monday morning 22nd January (other than S&A sessions that start in Week 2)

S&C sessions for AS Rugby on Monday morning 22nd Jan and Firsts AFL/Volleyball on Tuesday afternoon 23rd January will be on. All other S&C sessions commence from Wednesday morning 24th January.



MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands – Chadwick Park	6:30-8:00am	Cricket 6A/6B/5A/5B	Cricket 10C/7A/7B/6B	Cricket 9A/5A/5B/5C	Cricket 9C/8A/8B/6A	Cricket 3RDS/4THS/5THS/7D
Coorparoo AFL	6:15-7:45am	AFL Opens & Year 9		AFL Opens & Year 9		
Langlands Pool	times vary		Swimming (7-8am)		Swimming (7-8am)	Swimming - Squad session (6:15-7:45am)
Goold Hall	6:45-8:00am	Volleyball Year 9B/8A	Volleyball 11A/11B/7A/7B	Volleyball 10A/10B/8A/8B	Volleyball 9A/9B/7B	Volleyball 11A/11B/8B
Multi-court	7:00-8:00am			Volleyball 7C/7D	Volleyball 8C/8D	
East's Rugby Union	6:15-7:45am		Rugby Andrew Slack Squad field		Rugby Ben Mowen Squad field	
Strength & Conditioning - Gym	6:45-8:00am	Rugby Andrew Slack Squad (6:30-8:00am)	Year 7-8 LTAD	Rugby Andrew Slack Squad (6:30-8:00am)	Rugby Andrew Slack Squad (6:30-8:00am)	Year 9-12 LTAD
Speed & Agility - Whinstanes	7:00-8:00am	Years 5-8 (S&A Training - paid program)		Years 9-12 (Athletix)	Italian Football Programme (6:45-8am)	
AFTERNOON	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands – Chadwick Park	3:30-5:00pm	Cricket 10B/9A/9B/8D/6D	Cricket 8A/8B/8C	Cricket 3RDS/10B/7A/7B/7C	Cricket 9B/6C/5D	
Villa Park	3:45-5:15pm	Firsts Football Squad	Cricket 1STS/2NDS/10A & Football Development Squad	Firsts Football Squad	Cricket 1STS/2NDS/10A	
Coorparoo AFL	3:30-4:30pm		AFL Year 7 & Year 8	AFL Year 5 & Year 6	AFL Year 7 & Year 8	
Goold Hall	3:15-4:30pm	Volleyball 9C/9D	Volleyball 2NDS/3RDS	Volleyball 4THS/7A	Volleyball 2NDS/3RDS/10B/10C	Volleyball 1STS (3:30-4:30pm)
Goold Hall	4:45-6:15pm	Volleyball 10A/9A	Volleyball 1STS		Volleyball 1STS	
East's Rugby Union	3:30-5:00pm			Rugby Andrew Slack Squad field		
Strength & Conditioning - Gym	3:15-4:30pm	Year 9-12 LTAD/Rehab program	Firsts AFL & Volleyball Firsts	Rugby Ben Mowen Squad	Firsts Football & Dev Squad	Rugby Ben Mowen Squad

* Staff S&C session 4:30-5:15pm on Tuesday's

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
- * East's Rugby Union - 31 Halifax St, Norman Park

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 & Wed afternoons. Parents must collect boys from Villa Park between 5:00-5:15pm.
- * A bus will transport Cricket boys (one-way) from the College to Villa Park on Tues & Thurs afternoons. Parents must collect boys from Villa Park between 5:00-5:15pm.
- * A bus will transport Rugby boys (one-way) to/from East's Rugby Union on Tues & Thursday mornings and Wed afternoons.