

Villanova College - Term 2, 2024 (includes Weeks 9-10 Term 1) - Training Schedule - commences Monday 18th March

Schedule for Weeks 9-10 Term 1.

All Sport sessions commence from Monday morning 18th March.

Final sessions will be Wednesday 27th March (no sessions on final day of school, Thursday 28th March)



The Villa Gym will be available in the Easter holidays on Wed 3/4, Mon 8/4 & Wed 10/4 from 6:30-8am. Open to all students Years 7-12.

Weeks 9-10, Term 1 only.

MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands - Chadwick Park	6:45-8:00am	Football Year 5	Cross-Country, Years 5-Open, 6:45-8am	Football Year 5	Cross-Country, Years 5-Open, 6:45-8am	Cross-Country, Years 5-Open, 6:45-8am
Whinstanes Oval	6:45-8:00am	Rugby Firsts Gym/Speed	Rugby Year 6		Rugby Year 5	
Strength & Conditioning - Gym	6:45-8:00am	Rugby Firsts Squad (6:30-8:00am)	Year 7-8 LTAD	Rugby Firsts Squad (6:30-8:00am)	Year 9-12 LTAD/Tennis Firsts	Rugby Firsts Squad (6:30-8:00am)
Speed & Agility - Whinstanes	7:00-8:00am	Years 5-8 (S&A Training - paid program)		Years 9-12 (Athletix)		
AFTERNOON	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands - Chadwick Park	3:15-4:30pm	Football Year 6	Rugby Year 5	Football Year 6	Rugby Year 6	
Whinstanes Oval	3:15-4:30pm					
Villa Park	3:45-5:15pm	Football Years 7-Open	Rugby Years 7-Open	Football Years 7-Open	Rugby Years 7-Open	
Goold Hall	5:00-6:30pm			Basketball Firsts Squad	Football First XI	
Morningside Tennis Centre	6:00-7:30pm		Tennis Firsts Squad			
Strength & Conditioning - Gym	3:15-4:30pm	Swimming/Rehab Program	Basketball Firsts/Football Firsts	Rugby 2nds/3rds/10A/9A	Swimming/Cross-Country	Year 7-12 LTAD

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

In-Season Sports (take priority):

* Cross-Country

* Football

* Rugby Union

Pre-season Sports:

* Basketball

* Rugby League

* Tennis

Addresses:

* Villa Park - 957 Manly Rd, Tingalpa

* Morningside Tennis Centre - 123 Beverley St, Morningside

Buses:

* Buses will transport students to Villa Park on Mon, Tues, Wed & Thurs afternoons. Parents pick up from Villa Park from 5pm.