

## Villanova College - Term 2, 2024 - Training Schedule - commences Monday 15th April.

Schedule for Weeks 1-8, Term 2.

All Sport sessions commence from Monday morning 15th April.

Final sessions will be Week 8, Friday 7th June.



### Weeks 1-8, Term 2.

MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands - Chadwick Park	6:45-8:00am	Cross-Country, Years 5-Open		Cross-Country, Years 5-Open		Cross-Country, Years 5-Open
		Football Year 5	Rugby Year 6	Football Year 5	Rugby Year 5	
Whinstanes Oval	6:45-8:00am	Rugby First XV Speed & Agility			Italian Football Programme	
East's Rugby League	6:45-7:45am			Rugby First XV		
Strength & Conditioning - Gym	6:45-8:00am	Rugby First XV Gym (6:30-8:00am)	Basketball Firsts Squad	Year 7-8 LTAD	Rugby First XV Gym (6:30-8:00am)	Basketball Cubs&Sabres/Tennis Firsts
Speed & Agility - Whinstanes	7:00-8:00am					Years 5-8 (S&A Training - paid program)
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	Rugby League - non contact session (3:15-4:15pm) - Start Week 4				
Villa Park	3:45-5:15pm	Football Years 7-Open	Rugby Years 7-Open	Football Years 7-Open	Rugby Years 7-Open	
					Football First XI/Second XI	
Goold Hall	5:00-6:30pm	Basketball Firsts Squad		Basketball Firsts Squad		
Morningside Tennis Centre	6:00-7:30pm		Tennis Firsts Squad		Tennis Firsts Squad (start Week 6)	
Strength & Conditioning - Gym	3:15-4:30pm	Swimming/Rehab Program	Football 1sts/2nds/10A/9A	Rugby 2nds/3rds/10A/9A Squad	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

\*\* Chess has its own training schedule on the Locker Room.

Pre-season Sports:

\* Basketball

\* Rugby League

\* Tennis

Addresses:

\* Villa Park - 951 Manly Rd, Tingalpa

\* East's Rugby League - Main Ave, Coorparoo

\* 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.