

## Villanova College - Term 2, 2025 - Training Schedule - commences Tuesday 22nd April (April 24 version)

Schedule for Weeks 1-8, Term 2.

All Trimester 2 Sport sessions commence from Tuesday morning, 22nd April.

Final sessions will be Week 8, Friday 13th June.



### Weeks 1-8, Term 2 only.

MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands - Chadwick Park	6:45-8:00am	Football Year 6	Rugby Union Year 6	Football Year 5	Rugby Union Year 5	Cross Country, Years 5-Open
		Cross Country, Years 5-Open		Cross Country, Years 5-Open		
Whinstanes Oval	6:45-8:00am					Rugby Union 1sts/2nds Captain's Run
Strength & Conditioning - Gym	6:45-8:00am	Rugby Union 1sts/2nds Squad (6:30-8:00am)	Tennis Firsts Squad/Basketball Firsts	Rugby Union 1sts/2nd Squad (6:30-8:00am)	Year 7-12 LTAD	*Staff S&C session (6:45am)/Rugby Union 1sts/2nds Squad (7:30-8:00am)
Speed & Agility - Whinstanes	7:00-8:00am	Years 5-8 (S&A Training - paid program: commencing Week 2)			Years 5-8 (S&A Training - paid program: commencing Week 2)	
AFTERNOON	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands - Chadwick Park	3:20-5:00pm	Football Year 5	Rugby Union Year 5	Football Year 6	Rugby Union Year 6	
Whinstanes Oval	3:15-4:30pm					
Villa Park	3:45-5:15pm	Football Years 7-Open	Rugby Union Years 7-Open	Football Years 7-Open (excluding Firsts/Seconds)	Rugby Union Years 7-Open	
					Football Firsts/Seconds	
Goold Hall	5:00-6:30pm			Basketball Firsts		
Morningside Tennis Centre	6:00-7:30pm		Tennis Firsts Squad		Tennis Firsts Squad (starting Week 5)	
Strength & Conditioning - Gym	3:15-4:30pm	Year 10-12 LTAD/Rehab program	Football Firsts/Seconds	Year 7-9 LTAD	Cross Country/Basketball Firsts	Year 7-12 LTAD

#### In-Season Sports (take priority):

\* Cross Country

\* Football

\* Rugby Union

\* Speed and agility + Strength and Conditioning

#### Pre-season Sports:

\* Basketball (Firsts squad training Sunday)

\* 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 to arrive for pick up at Villa Park from 5:15pm.**