

Term 3 Weeks 2-9 Sport Training Schedule - commences Monday 21 July, 2025: Basketball, Tennis & Rugby League (August 3 version)

Trimester 3 Sport Schedule for Weeks 2-9, Term 3.

Final sessions will be Week 9 of Term 3, Friday 12th September.



Weeks 2-9, Term 3*:

MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands – Chadwick Park	6:45-8:00am		Year 6 RL		Year 6 RL	
Goold Hall	6:30-8:00am	Second V & Third V BB	Year 7A/B BB	Fourth V & 11C BB	Second V & Third V BB	Year 5A/B BB
Multi-Court	6:30-8:00am	Year 6C/D BB	Year 7 C/D BB	Year 5C/D BB	Year 10C/D BB	Year 9C/D BB
Clem Jones Centre - Carina	6:30-7:45am		Year 11A/B & 8A/B BB		Year 11A/B BB	
Morningside Tennis Centre	6:30-7:45am	Years 5 & 6 Tennis	Years 7-12 Tennis	Years 5 & 6 Tennis	Years 7-12 Tennis	
Strength & Conditioning - Villa Gym	6:45-8:00am	Rugby League Year 10 & 9	Basketball Firsts	Years 7-8 LTAD	Years 9-12 LTAD	*Staff S&C session (6:30am-7:30am)
Speed & Agility - Whinstanes	7:00-8:00am	Years 5-8 (S&A Training - paid program: commencing Week 2)				
AFTERNOON	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands – Chadwick Park	3:15-4:45pm		Year 5 RL		Year 5 RL	
Villa Park	3:45-5:15pm		Year 7 - Open RL		Year 7 - Open RL	
Goold Hall	3:15 - 4:45pm	9A/B BB	Year 10A/B BB	Year 6A/B BB	Year 10A/B BB	
Multi-Court	3:15-4:45pm		Year 5A/B BB	Year 8C/D BB	Year 8A/B BB	
Middle School Court	3:15-4:45pm		Year 6A/B BB		Year 7A/B BB	Colours Cup (commencing Week 4: August 8)
Goold Hall	4:45-6:30pm		First V BB	Year 9 A/B BB	First V BB	
Morningside Tennis Centre	6:00-7:30pm		Tennis Firsts		Tennis Firsts	
Strength & Conditioning - Villa Gym	3:15-4:30pm	Years 7-12 LTAD	Years 9-12 LTAD	Rugby League Opens	Swimming/Track & Field	Basketball Years 9-Open/Tennis

In-Season Sports (take priority):

BB = Basketball @Goold Hall and Multi-Court at Villanova & **Clem Jones Centre Carina - 56 Zahel St**

RL = Rugby League @Little Langlands opposite Villanova College and **Villa Park - 957 Manly Rd, Tingalpa**

Tennis @Morningside Tennis Centre - 123 Beverley St, Morningside

Buses will transport Basketball/Tennis boys back from Clem Jones Centre and Morningside Tennis Centre to Villa in the mornings, from Mon 14th to Thurs 17th June.

Buses will transport boys one-way to Villa Park on Tues 15th and Thurs 17th afternoons. Parents need to collect from Villa Park at 5:15pm.

*There will be limited Sport training in Week 5, from Monday 11 to Friday 15 August - due to the Ekka Holiday, Interhouse T&F and QCMF. Firsts Teams and Track & Field will still have trainings on the Monday/Tuesday that week.

TRACK & FIELD – TRAINING REMINDERS FOR TERM 3 *(August 1 update)*

Track & Field training for all selected students commences this **Monday, 4 August**.

Training is held at **Villanova Park** on **Monday and Tuesday afternoons** each week from 3:45pm to 5:15pm. RETURN BUSES depart the College at 3:10pm and currently returns by 5:30pm on both MONDAY AND TUESDAY afternoons, only. On Tuesdays only, Rugby League players are welcome to use the return bus. Please note: Thursday buses are one-way only and do not return to the College.

Training Schedule Overview (entire schedule below)

- Sprints, Hurdles, Throws & Jumps: Monday and Tuesday afternoons at Villanova Park
- Middle Distance (800m+): Monday and Wednesday mornings, 6:45am to 8:00am (meet outside Goold Hall)

Holiday Training Dates

- Monday, 22 September – 9:00am to 10:30am at Villanova Park
- Friday, 3 October – 9:00am to 10:30am at Villanova Park

Lead-Up Meets (at SAF, Nathan – 3:30pm to 8:00pm)

- Thursday, 28 August
- Wednesday, 3 September
- Thursday, 11 September
- Wednesday, 17 September

AIC Track and Field Championships – QSAC

- Thursday, 9 October
- Friday, 10 October

Thank you for your continued support in ensuring your son is prepared and attends all scheduled sessions. Any questions can be directed to Mr Andrew Lund – Track & Field Coordinator.

Monday	Tuesday	Wednesday	Thursday	Friday
4 August Middle Distance @ Langlands (Morning) Sprints, hurdles, throws and jumps @ VP (Afternoon)	5 August Sprints, hurdles, throws and jumps @ VP (Afternoon)	6 August Middle Distance @ Langlands (Morning)		
11 August Middle Distance @ Langlands (Morning) Sprints, hurdles, throws and jumps @ VP (Afternoon)	12 August Sprints, hurdles, throws and jumps @ VP (Afternoon)	13 August Public Holiday No Training	14 August Interhouse Carnival @VP 9.30am- 2pm	
18 August Middle Distance @ Langlands (Morning) Sprints, hurdles, throws and jumps @ VP (Afternoon)	19 August Sprints, hurdles, throws and jumps @ VP (Afternoon)	20 August Middle Distance @ Langlands (Morning)		
25 August Middle Distance @ Langlands (Morning) Sprints, hurdles, throws and jumps @ VP (Afternoon)	26 August Sprints, hurdles, throws and jumps @ VP (Afternoon)	27 August Middle Distance @ Langlands (Morning)	28 August AIC T&F Meet @SAF 3.30pm-8pm	
1 September Middle Distance @ Langlands (Morning) Sprints, hurdles, throws and jumps @ VP (Afternoon)	2 September Sprints, hurdles, throws and jumps @ VP (Afternoon)	3 September AIC T&F Meet @SAF 3.30pm- 8pm		
8 September ** Middle Distance @ Langlands (Morning) Sprints, hurdles, throws and jumps @ QSAC (Afternoon)	9 September Sprints, hurdles, throws and jumps @ VP (Afternoon)	10 September Middle Distance @ Langlands (Morning)	11 September AIC T&F Meet @SAF 3.30pm- 8pm	

15 September Middle Distance @ Langlands (Morning) Sprints, hurdles, throws and jumps @ VP (Afternoon)	16 September Sprints, hurdles, throws and jumps @ VP (Afternoon)	17 September AIC T&F Meet @SAF 3.30pm- 8pm		
HOLIDAYS 22 September @ VP 9:00am – 10:30am				
				HOLIDAYS 3 October @VP 9:00am – 10:30am
	7 October Sprints, hurdles, jumps and throws @VP	8 October ** Middle Distance @Little Langlands Full squad @QSAC	9 October Day 1 AIC T&F Champs @QSAC	10 October Day 2 AIC T&F Champs @QSAC