

Term 4 Sport - Training Schedule - Weeks 2-3 only - commences Tuesday 7 October, 2025 - *September 26 version*



This schedule is for Weeks 2-3 only. The Weeks 2-3 timings for Whinstanes Oval Touch Trials are to be published by Thursday of Week 1.

LTAD Strength and Conditioning is available each morning and afternoon from Tuesday to Friday of Week 1 of Term 4.

There will be no training sessions on **Monday 7th October**, due to the public holiday.

The only designated training sessions in Week 1, Term 4 are for **Track & Field** and the **AIC Championships** : including Tuesday afternoon Sprints, Throws and Jumps at Villa Park and Wednesday morning Middle Distance at Little Langlands.

Selection Trials for AFL, Cricket and Volleyball will commence in Week 4, Term 4 from Monday 27th October. There will be an updated schedule for Weeks 4-9 available by the Thursday of Week 3 - confirming Football Firsts and Development starting Week 4.

MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands - Chadwick Park	6:30-8:00am	ZONE CRICKET	ZONE CRICKET	ZONE CRICKET	CRICKET DEVELOPMENT SQUAD	
Langlands Park Memorial Pool	6:45-7:45am	SWIMMING from Week 3 - Compulsory Squad Session (6:30-7:45AM)	SWIMMING - WEEK 2 TIME TRIAL		SWIMMING - WEEK 2 TIME TRIAL	
Villa Pool	3:30-4:30pm			*SWIMMING GREEN SQUAD from Week 3 (*AT VILLA POOL) (7-8AM)		
S&C - Villa Gym	7:00-8:00am	Rugby Union Andrew Slack Squad (Years 11-12: 6:30-8am)	Staff S&C session (6:15-7am) & CRICKET FIRSTS & DEV SQUADS (7-8am)	Football Firsts Squad/Rugby Union Andrew Slack Squad (Year 10: 6:30-8am)	Rugby Union Ben Mowen Squad (Years 8-9)	Rugby Union Andrew Slack Squad (Years 11-12: 6:30-8am)
Whinstanes Oval	7:00-8:00am			Unavailable	Years 5-8 Speed & Agility (Paid Programme: starts Wk 2 - info on The Locker Room)	
AFTERNOON	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Coorparoo AFL	3:30-5:00pm	AFL FIRSTS SQUAD		AFL FIRSTS SQUAD		
Easts Rugby Union	3:30-5:00pm				Rugby Union Andrew Slack Squad Squad	
Goold Hall	4:45-6:30pm		VOLLEYBALL FIRSTS SQUAD		VOLLEYBALL FIRSTS SQUAD	
Little Langlands - Chadwick Park	3:15-4:45pm			CRICKET FIRSTS SQUAD	Rugby Union Ben Mowen Squad Squad	
Villa Park	3:45-5:15pm	CRICKET FIRSTS SQUAD	Football Firsts & Development Squads (likely commencement from Week 4)			
Villa Pool	3:30-4:30pm			WATER POLO (FINISHES WEEK 3)		
Whinstanes Oval	3:30-5:00pm		Years 5-6 Superkick (Paid Programme: starts Wk 3: info distributed Wk 2 Tuesday of Term 4)			
S&C - Villa Gym	3:15-4:30pm	Rugby Union Ben Mowen Squad (Years 8-9)	AFL FIRSTS (3:15-4:00) & VOLLEYBALL FIRSTS SQUADS (4:00-4:45)	Rugby Union Andrew Slack Squad (Years 11-12: 3:15-4:45pm)	AFL FIRSTS & SWIMMING	Rugby Union Andrew Slack Squad (Year 10)

SPORTS:

IN-SEASON SPORT (to take priority unless revised training plan devised with relevant coach/es and Sports Coordinator)

* TOUCH (based off Term 3 Registrations: Weeks 2-3 of Term 4, only)

* WATER POLO (based off Term 3 Registrations: Weeks 2-3 of Term 4, only)

* AFL

* CRICKET

* SWIMMING

* VOLLEYBALL

* Football

* Rugby Union

* User pays program

TRAINING VENUES:

Private transport of students to the venue. After before-school training, students are supervised to arrive at school at:

Langlands Park Memorial Pool - 5 Panitya St, Stones Corner

One-way bus transport is available: from the training venue before school or to the training venue after school. Parents are to drop students at the venue before school and pick up students after training at:

Coorparoo AFL - Birubi St, Coorparoo

Easts Rugby Union - Halifax St, Norman Park

Villa Park - 957 Manly Rd, Tingalpa