

Term 4 Sport Training Schedule - Week 5 only - commences Monday 3 November, 2025 - *October 31*

Selection Trials for AFL and Cricket will occur in Week 4, from Monday 27th October. The training schedule will be updated weekly across for Weeks 4-9, by Friday of the previous week. Zone Cricket training recommences Week 5.



MORNING	Time	Monday, 3rd November	Tuesday, 4th November	Wednesday, 5th November	Thursday, 6th November	Friday, 7th November
Coorparoo AFL	6:15-7:45am		2026 AFL YEAR 9 SQUAD TRIAL		2026 AFL YEARS 7 & 8 SQUADS' TRIAL	
Goold Hall	6:45-8:00am			VOLLEYBALL 2026 YEAR 8 TRIALS		<i>Note: Saturday, 8 November Y7-10 Internals (refer to Volleyball Training schedule page 2)</i>
Little Langlands	6:30-8:00am	ZONE CRICKET	ZONE CRICKET	ZONE CRICKET	CRICKET DEVELOPMENT SQUAD	
Langlands Park Memorial Pool	6:45-7:45am	SWIMMING - COMPULSORY GOLD SQUAD SESSION (6:30-7:45AM)	SWIMMING - GOLD SQUAD		SWIMMING - GOLD SQUAD	
Villa Pool	7:00-8:00am			SWIMMING - GREEN SQUAD		
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: all at 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	Rugby Union: Andrew Slack Squad (Years 11-12: 6:30-8am)			Years 5-8 Speed & Agility (Paid Programme: starts Wk 2 - info on The Locker Room)	Rugby Union: Andrew Slack Squad (Years 11-12: 6:30-8am)
AFTERNOON	Time	Monday, 3rd November	Tuesday, 4th November	Wednesday, 5th November	Thursday, 6th November	Friday, 7th November
Coorparoo AFL	3:30-5:00pm	2026 AFL FIRSTS & YEAR 10 SQUADS' TRIAL	2026 AFL YEARS 7 & 8 SQUADS' TRIAL	2026 AFL FIRSTS & YEAR 10 SQUADS' TRIAL	2026 AFL YEARS 6 & 9 SQUADS' TRIAL	
Easts Rugby Union	3:30-5:00pm				Rugby Union: Andrew Slack Squad	
Goold Hall	3:15-4:45pm			VOLLEYBALL 2026 YEAR 7 TRIALS		
Goold Hall	4:45-6:15pm			VOLLEYBALL FIRSTS SQUAD		
Little Langlands	3:15-4:45pm	2026 CRICKET YEAR 9 SQUAD TRIALS	A/B CRICKET SKILLS (commencing Week 6)	CRICKET FIRSTS AND DEVELOPMENT SQUAD	Rugby Union: Ben Mowen Squad	
Villa Park	3:45-5:15pm	CRICKET FIRSTS SQUAD	Football Firsts & Development Squads (Weeks 6, 7, 8 & 9 i.e. First Tuesday of Holidays)			
Whinstanes Oval	3:30-5:00pm		Years 5-6 Superkick (Paid Programme: starts Wk 3: info distributed Wk 2 Friday of Term 4)	Rugby Union: Andrew Slack Squad (Years 11-12: 3:15-4:45pm)	A/B CRICKET SKILLS (commencing Week 6)	Rugby Union: Andrew Slack Squad (Year 10)
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/s)

* TOUCH

* WATER POLO

* 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:

Little Langlands - Located off Main Avenue, Coorparoo, located near Easts Leagues Club and adjacent to the Villanova College campus.

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