

Term 4 Sport Training Schedule - Week 8 only - commences Monday 24 November, 2025 - **November 21** version

The training schedule will be updated weekly across for Weeks 4-9, by Friday of the previous week.



MORNING	Time	Monday, 24th November	Tuesday, 25th November	Wednesday, 26th November	Thursday, 27th November	Friday, 28th November
Coorparoo AFL	6:15-7:45am					
Goold Hall	6:45-8:00am					
Langlands Park Memorial Pool	6:45-7:45am	SWIMMING - COMPULSORY GOLD SQUAD SESSION (6:30-7:45AM)	SWIMMING - <u>GOLD SQUAD</u>		SWIMMING - <u>GOLD SQUAD</u>	
Little Langlands	6:30-8:00am	ZONE CRICKET	ZONE CRICKET	ZONE CRICKET (backup session)	CRICKET DEVELOPMENT SQUAD	
Villa Pool	7:00-8:00am		Football Firsts & Development Squads (and next Tuesday afternoon, Dec 2 at Villa Park)	SWIMMING - <u>GREEN SQUAD</u>		
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, 24th November	Tuesday, 18th November	Wednesday, 19th November	Thursday, 20th November	Friday, 28th November
Coorparoo AFL	3:30-5:00pm	2026 AFL FIRSTS & YEAR 10 SQUADS' TRAINING		2026 AFL FIRSTS & YEAR 10 SQUADS' TRAINING		
Easts Rugby Union	3:30-5:00pm				Rugby Union: Andrew Slack Squad	
Goold Hall	3:15-4:45pm					
Goold Hall	4:45-6:15pm					
Little Langlands	3:15-4:45pm		YEARS 8 & 9 A/B CRICKET SKILLS (commencing Week 6)	CRICKET FIRSTS AND DEVELOPMENT SQUAD	YEARS 6 & 7 A/B CRICKET SKILLS (commencing Week 6)/Rugby Union: Ben Mowen Squad	
Villa Park	3:45-5:15pm	CRICKET FIRSTS SQUAD	Football Firsts & Development Squads (Tuesday morning at Whinstanes)			
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)	Unavailable for use	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)

- * 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