

Term 1 Sport Training Schedule - Week 1 only - commences Tuesday 27 and Wednesday 28 January, 2026 - January 21 version

The training schedule will be updated weekly for Weeks 1–2, with each update published by Friday of the previous week. Weeks 3–8 will then be released together in a single publish.



See notes below for specific start dates for some squads:

* No sessions Monday 26th January and Tuesday 27th January due to the Public Holiday and Student Free Day (except Tuesday Gold Squad Swimming, Andrew Slack Squad field session, Opens & Year 10 AFL plus First VI Volleyball)

* S&C gym starts from Wednesday 28th January for Firsts squads (no sessions Monday or Tuesday)

* Ben Mowen Field training starts from Week 2, Wednesday 4th February

* Cricket training officially commences on Wednesday, 28th January.

* Football Firsts and Football Development Squads start from Wednesday afternoon 28th January (all students encouraged to attend, whether using school bus or private transport to the venue. Private transport required home).

		Australia Day Public Holiday	Student Free Day	Years 5, 7 and 12 at school	All grades at school	All grades at school
MORNING	Time	Monday, 26th January	Tuesday, 27th January	Wednesday, 28th January	Thursday, 29th January	Friday, 30th January
Coorparoo AFL	6:15-7:45am			AFL OPENS, YEARS 10 & 9		
Easts Rugby Union	6:15-7:45am		Rugby Andrew Slack Squad Field		Rugby Andrew Slack Squad Field	
Goold Hall	6:45-8:00am				VOLLEYBALL 7C/7D/8A/8B	VOLLEYBALL 9A/9B/10A
Langlands Park Memorial Pool	6:45-7:45am	Cancelled: SWIMMING – COMPULSORY GOLD SQUAD SESSION (6:30-7:45AM)	SWIMMING - GOLD SQUAD		SWIMMING - GOLD SQUAD	
Little Langlands	6:30-8:00am				CRICKET 5A/5B/5C/5D/5E	CRICKET 1ST XI/3RDS/4THS/9A
Villa Pool	7:00-8:00am					SWIMMING - GREEN SQUAD (once-off catch-up)
Strength & Conditioning - Villa Gym	6:30-8:00am				Rugby Union: Ben Mowen Squad (Years 8-9): 7:00-8:00am	Rugby Union: Andrew Slack Squad (Years 11-12: 6:30-8am)
Whinstanes Oval	7:00-8:00am				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, 26th January	Tuesday, 27th January	Wednesday, 28th January	Thursday, 29th January	Friday, 30th January
Coorparoo AFL	3:30-5:00pm		AFL OPENS & YEAR 10 (once-off training)		AFL YEARS 5, 6, 7 & 8	
Goold Hall	3:15-4:45pm			VOLLEYBALL THIRD VI	VOLLEYBALL 10B/2ND VI	VOLLEYBALL 1ST VI (3.30PM - 4.30PM)
Goold Hall	4:45-6:15pm		VOLLEYBALL FIRST VI		VOLLEYBALL FIRST VI	
Little Langlands	3:30-5:00pm				CRICKET 6A/6B/8A/8B/9B	CRICKET WILDCATS ACADEMY
Villa Park	3:45-5:15pm			CRICKET FIRST XI & Football Development/Football Firsts Squad	CRICKET 2NDS/10A	
Strength & Conditioning - Villa Gym	3:15-4:30pm			Rugby Union: Andrew Slack Squad (Years 11-12: 3:15-4:45pm)	AFL FIRSTS & SWIMMING	Rugby Union: Andrew Slack Squad (Year 10)
Whinstanes Oval	3:30-5:00pm			Rugby Union: Andrew Slack Squad (Years 11-12: 3:15-4:45pm)		Rugby Union: Andrew Slack Squad (Year 10)
		Australia Day Public Holiday	Student Free Day	Years 5, 7 and 12 at school	All grades at school	All grades at school

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

- * AFL
- * CRICKET
- * SWIMMING
- * VOLLEYBALL

Pre-season Sports:

- * 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