

Term 1 Sport Training Schedule - Weeks 3-8 only - commences Monday 9 February, 2026 - Feb 15 version

The training schedule is for Weeks 3-8.



MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Coorparoo AFL	6:15-7:45am			AFL OPENS, YEARS 10 & 9		
Cross Country - Agora (Y5-6) & Goold Hall entry (Y7-12)	6:30-8:00am		Cross-Country Years 5-12 (from Week 8)		Cross-Country Years 5-12 (from Week 8)	Cross-Country Years 5-12 (from Week 8)
East's Rugby Union	6:15-7:45am		Rugby Andrew Slack Squad Field		Rugby Andrew Slack Squad Field	
Goold Hall	6:45-8:00am	VOLLEYBALL 8C/8D/9A/9B	VOLLEYBALL 7A/7B/8B	VOLLEYBALL 7A/7B/9C/9D	VOLLEYBALL 7C/7D/8A/8B	VOLLEYBALL 9B/10A
Langlands Park Memorial Pool	6:45-7:45am	SWIMMING - COMPULSORY GOLD SQUAD SESSION (6:30-7:45AM)	SWIMMING - GOLD SQUAD		SWIMMING - GOLD SQUAD	
Little Langlands	6:30-8:00am	CRICKET 6A/6B/6C/6D	CRICKET 8B/9A/9C	CRICKET 7A/7B/8C/10B	CRICKET 5A/5B/5C/5D	CRICKET 1ST XI/3RDS/4THS/9A
Villa Pool	7:00-8:00am			SWIMMING - GREEN SQUAD		
Strength & Conditioning - Villa Gym	6:30-8:00am	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)	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	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	Tuesday	Wednesday	Thursday	Friday
Coorparoo AFL	3:30-5:00pm	AFL OPENS, YEARS 10 & 9	AFL YEARS 5, 6, 7 & 8 (Years 5 and 6 to be collected at 4:45pm)		AFL YEARS 5, 6, 7 & 8 (Years 5 and 6 to be collected at 4:45pm)	
Goold Hall	3:15-4:45pm	VOLLEYBALL 10A/10B/10C	VOLLEYBALL 8A/2ND VI	VOLLEYBALL 9A/THIRD VI	VOLLEYBALL 10B/2ND VI	VOLLEYBALL 1ST VI (3.30PM - 4.30PM)
Goold Hall	4:45-6:15pm	VOLLEYBALL 11A/11B	VOLLEYBALL FIRST VI (6:30pm finish)	VOLLEYBALL 11A/11B	VOLLEYBALL FIRST VI (6:30pm finish)	
Little Langlands	3:30-5:00pm	CRICKET 5A/5B/10B	CRICKET 9B/7A/7B/7C	CRICKET 3rds/8A & Rugby Union: Ben Mowen Squad	CRICKET 6A/6B/8A/8B/9B	CRICKET WILDCATS ACADEMY
Villa Park	3:45-5:15pm	Football Firsts Squad	CRICKET 2NDS/10A	CRICKET First XI & Football Development/Football Firsts Squad	CRICKET 2NDS/10A	
Strength & Conditioning - 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)	Years 7-12 LTAD & 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)

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:

* Cross Country

* 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 East's 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

East's Rugby Union - Halifax St, Norman Park

Villa Park - 957 Manly Rd, Tingalpa