

## Term 1 Sport Training Schedule - Week 9 only - commences Monday 23 March, 2026 - *March 20 version*

The training schedule is for Week 9 of Term 1, Trimester 2 Sport



Morning	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Cross Country - Agora (Y5-6) & Goold Hall entry (Y7-12)	6:30-8:00am	Cross Country Years 5-12		Cross Country Years 5-12		Cross Country Years 5-12
Little Langlands - Chadwick Park	6:45-7:45am	Football Year 6	Rugby Union Year 6	Football Year 5	Rugby Union Year 5	Rugby Union 1sts/2nds Captain's Run
Strength & Conditioning - Villa Gym	6:30-8:00am	Rugby Union: 1sts/2nds Squad	Tennis Firsts Squad/Basketball Firsts	Rugby Union: Andrew Slack Squad (Years 11-12)	Cross Country/Years 7-12 LTAD	*Staff S&C session (6:15am)/Basketball Firsts (7:00-8:00am)
Whinstanes Oval	7:00-8:00am	Rugby Union: 1sts/2nds Squad (6:30-8am)	Tennis Firsts Squad/Basketball Firsts	Rugby Union: 1sts/2nds Squad (Years 11-12: 6:30-8am)	Years 5-8 Speed & Agility (Paid Programme: starts Wk 2 - info on The Locker Room)	Firsts & 10A Football (starts Term 2), instead of Monday afternoon
AFTERNOON	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands - Chadwick Park	3:15-4:30pm	Football Year 5	Rugby Union Year 5	Football Year 6	Rugby Union Year 6	
Villa Park	3:45-5:15pm	Football Years 7-Open	Rugby Union Years 7-Open	Football Years 7-Open	Rugby Union Years 7-Open	
Goold Hall	6.30-8.00pm		1st V Basketball			
Strength & Conditioning - Villa Gym	3:15-4:30pm	Rugby Union: Ben Mowen Squad (Years 8-9)	Football Firsts Development Squad	Rugby Union: Andrew Slack Squad (Year 10)	Football Firsts Development Squad	Years 7-12 LTAD
Whinstanes Oval	3:30-5:00pm	Rugby Union: Ben Mowen Squad (Years 8-9)	Football Firsts Development Squad	Rugby Union: Andrew Slack Squad (Year 10)	Football Firsts Development Squad	

### SPORTS:

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

\* Cross Country

\* Football

\* Rugby Union

\* Speed and agility + Strength and Conditioning

\* LTAD

Pre-season Sports:

\* Basketball

\* Tennis

\* 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.*

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

*Villa Park - 957 Manly Rd, Tingalpa; Parents to arrive for pick up at Villa Park from 5pm.*