

Term 2 Sport Training Schedule - Week 1 only - commences Tuesday 21 April, 2026 - April 16 version

The training schedule is for Week 1 of Term 2, only. Firsts Rugby Union schedule will be confirmed on Stack Team App



MORNING	Time	Monday (Student Free Day)	Tuesday	Wednesday	Thursday	Friday
Cross Country - Agora (Y5-6) & Goold Hall entry (Y7-12)	6:30-8:00am	Cross Country Years 5-12 (at Coorparoo AFL Club from 7-8am, for Holiday session)		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 Captain's Run
Strength & Conditioning - Villa Gym	6:30-8:00am	Rugby Union: 1sts/2nds Squad	Football Firsts Development Squad	Rugby Union: 1sts/2nds Squad	Football Firsts Development Squad	*Staff S&C session (6:15am)/Year 11-12 LTAD (7:00-8:00am)
Whinstanes Oval	7:00-8:00am	Rugby Union: 1sts/2nds Squad (6:30-8am)	Football Firsts Development Squad	Rugby Union: 1sts/2nds Squad (6:30-8am)	Years 5-8 Speed & Agility (Paid Programme: starts Wk 2 - info on The Locker Room)	Firsts & 10A Football (instead of Monday afternoon - starts Term 2)
AFTERNOON	Time	Monday (Student Free Day)	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		1st V Basketball (Hall unavailable)	
Strength & Conditioning - Villa Gym	3:15-4:30pm	Rugby Union: 8A, 9A	Years 9-10 LTAD/Tennis Firsts Squad/Basketball Firsts	Rugby Union: 10A	Cross Country/Years 7-8 LTAD	Years 7-12 LTAD
Whinstanes Oval	3:30-5:00pm	Rugby Union: 8A, 9A	Unavailable for Music (Week 1 only)	Rugby Union: 10A	Unavailable for Music (Week 1 only)	

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 drop students at the venue before school and pick up students after training at:

Villa Park - 957 Manly Rd, Tingalpa; Parents to arrive for pick up at Villa Park by 5:15pm.