



TRAINING SCHEDULE ð TERM 1 ð 2017

Times and Sessions are subject to change prior to commencement in 2017. Changes will be forwarded via email

Venue	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
50m Pool	6.00am-7.45am Swimming	6.00am-7.45am Swimming	6.00am-7.45am Swimming COMPULSORY SESSION	6.00am-7.45am Swimming	6.00am ð 8.00am Water Polo U13, U14 U16 Blue Teams
Windsor Park		Cricket 6.30am ð 7.30am		Soccer Skills All Teams 6:30am ð 7:30am	
				Club Netball 12years to Inters	
PHSC		Basketball 6.45am ð 7.45am Year 8	UNDERCROFT Soccer ð Fitness 6.30 ð 7.45am	Basketball 6.45am ð 7.45am Year 10	Artistic Gymnastics 6.30am ð 8.00am
	Netball Strength and Conditioning 6.30am ð 7.30am	Basketball Strength and Conditioning 6.30am ð 7.30am	Cross Country 6.30am ð 7.45am COMPULSORY SESSION FROM WK 7 ONWARDS	Artistic Gymnastics 6.30am ð 8.00am	