



Term 3, 2021 Sport Training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
AFL		Year 7-9 School of Excellence Training @ Chelmer 3:45pm - 5:00pm		AFL S&C 7:00am - 8:00am Meet at the Gym	
ATHLETICS <i>All training to meet on Jack Bowers Oval</i>	Year 4-12 (Week 3-10) 6:45am - 7:45am Running - Long Distance	Year 4-12 (Week 3-10) 6:45am - 7:45am Running - Sprints	Year 4-12 (Week 3-10) 6:45am - 7:45am Field Training (Jumps/Throws)	Year 4-12 (Week 3-10) 6:45am - 7:45am Running - Sprints	Year 4-12 (Week 3-10) 6:45am - 7:45am Field Training (Jumps/Throws)
BASKETBALL (Year 5 & 6) <i>All training in SFXC</i>	Year 5 & 6 3 v 3 Basketball 3:15pm - 4:30pm		Year 5 Training 3:15pm - 4:30pm	Year 6 Training 3:15pm - 4:30pm	
BASKETBALL (CLUB & GBC) <i>All training in SFXC</i>	Club 15s 6:30am - 8:00am Club and GBC Firsts 5:00pm - 6:30pm	Club and GBC Seconds 6:30am - 8:00am Club 17s & GBC Intermediate Teams 3:30pm - 5:00pm	Basketball S&C 7:00am - 8:00am Meet at the Gym	GBC Junior Teams 6:30am - 8:00am	
FOOTBALL (SOCCER) <i>All training on Jack Bowers Oval</i>		Football S&C 7:00am - 8:00am Meet at the Gym		Year 7-12 GBC Teams 6:45am - 8:00am	
STRENGTH & CONDITIONING <i>Gym / Field</i>	Open Gym 2 nd Break 3:00pm - 4:00pm	JUNIOR SCHOOL WARRIORS 1 st Break Open Gym 4:15pm - 5:00pm	Open Gym 2 nd Break	JUNIOR SCHOOL WARRIORS 1 st Break Open Gym 3:00pm - 5:00pm	Open Gym 1 st Break
TENNIS <i>All training on the Tennis Courts</i>	Year 5 6:45am - 8:00am	Blue Squad 6:45am - 8:00am	Green Squad 6:45am - 8:00am Tennis S&C – Year 7-12 3:15pm - 4:00pm Meet at the Gym	Year 6 6:45am - 8:00am	White Squad 6:45am - 8:00am
TOUCH FOOTBALL <i>All training on Jack Bowers Oval</i>		Touch Football S&C – Year 7-12 (Week 6-10) 3:15pm - 4:15pm Meet at the Gym		Year 7-12 All Schools Touch Trials (Week 4-5) Training (Week 6-10) 3:30pm - 5:00pm	Year 5-6 All Schools Touch Trials (Week 6-9) 2:15pm - 3:00pm
VOLLEYBALL <i>All training in SFXC</i>			Year 11 & 12 (QVSC Squads) (Week 1-5) 6:30am - 8:00am		Year 11 & 12 (QVSC Squads) (Week 1-5) Training and S&C 6:30am - 8:00am
YEAR 4 LEGENDS <i>All training on Brothers Oval</i>		AFL (Week 2-5) Touch Football (Week 6-9) 3:15pm - 4:15pm			