



SPORT TRAINING - TERM 4 2009

Basketball and Volleyball Training

Foley Centre				
Morning Training				
Monday	Tuesday	Wednesday	Thursday	Friday
Year 8 and 9 Volleyball - 7.00am	1 st / 2 nd Basketball	Year 8 and 9 Volleyball - 7.00am	Senior Volleyball	
Afternoon Training				
Year 9 Basketball	Senior Volleyball 7.00am	Year 8 Basketball	1 st / 2 nd Basketball	

Year 9 Basketball will train on the outdoor courts on Wednesday

Year 8 Basketball will train on outdoor courts on Monday

3rd V and 4th V Basketball train at Belmont Oasis Recreation Centre on Tuesday & Thursday afternoons

Tennis Training Venues

Morning Training (all at Trinity)				
Monday	Tuesday	Wednesday	Thursday	Friday
9A Squad 7.00am	1 st V111 Squad 6.45am	8A Squad 7.00am	1 st V111 Squad 6.45am	
Afternoon Training				
State Tennis Centre, Burswood All Year 9 teams and all Year 8 boys who didn't train in the morning	State Tennis Centre, Burswood 2 nd and 3 rd V111	State Tennis Centre, Burswood All Year 8 teams and 9B, 9C	State Tennis Centre, Burswood 2 nd and 3 rd V111	Whichever year level is playing a "Home" PSA fixture will be at State Tennis Centre, Burswood

Swimming - Trinity Pool

Monday, Wednesday and Friday morning 6.00am-7.30am
Tuesday, Thursday afternoon 3.30pm-4.45pm

Waterpolo - Trinity Pool

Years 8 and 9

Monday and Wednesday afternoon 3.15pm-4.30pm

Years 10 and 11

Tuesday and Thursday morning 6.45am-8.00am

Rowing

Training

Year 8

Monday and Wednesday afternoon 3.00pm-5.00pm
Friday afternoon 1.15pm-4.00pm

Year 9

Weeks 1-2

Tuesday and Thursday afternoon 3.00pm-5.00pm
Friday afternoon 1.15pm-4.00pm

Week 3 onwards

Tuesday and Thursday morning 6.00am-8.00am Breakfast provided
Friday afternoon 1.15pm-4.00pm

Optional fitness session on Tuesdays 3.00pm-5.00pm
Saturdays, Week 1-5 7.00am-10.00am

Year 10 and 11

Tuesday, Wednesday and Thursday morning 5.45am-7.45am Breakfast provided
Weights/fitness
Monday and Wednesday afternoon 3.00pm-5.00pm
Saturday - row and weights 7.00am-11.00am

Cricket

Years 8 and 9 Monday and Wednesday on Mann Oval
Years 10 and 11 Tuesday and Thursday on Mann Oval