

Term 4 2018 - Summer Sport Training Schedule

| TIME          | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---------------|---|--|---|--|---|
| AM            | Basketball - Skills - Cent Ct - 6:30am-8:00am (Drop In)   | Athletics (Summer) Training - Main Oval - 6:30am-7:45am    | Rowing - 1st/2nd VIII - Gladesville - 5:30am-8:00am       | Athletics (Summer) Training - Main Oval - 6:30am-7:45am    | Basketball - Skills - Lions Den - 6:30am-8:00am (Drop In) |
| BEFORE        | Basketball - 2nds - Lions Den                             | Basketball - Skills - Lions Den - 6:30am-8:00am (Drop In)  | Rowing - Year 10 VIII - John Solomon - 6:30am-7:45am      | Basketball - 1sts - Lions Den - 6:15am - 8:00am            | Rowing - 1st/2nd VIII - Gladesville - 5:30am-8:00am       |
| SCHOOL        | Rowing - 1st/2nd VIII - John Solomon - 6:30am-7:45am      | Rowing - GPS IVs - Gladesville - 5:30am-8:00am             | Rowing - Year 7 - Fitness Main Oval - 6:30am-7:45am       | Basketball - Skills - Cent Ct - 6:30am-8:00am (Drop In)    | Rowing - GPS IVs Squad - John Solomon - 6:30am-7:45am     |
|               | Rowing - Yr10VIII/Yr8 - Fitness Main Oval - 6:30am-7:45am | Tennis - Macintyre Courts - Private Lessons                | Tennis - 1st/2nd - John Solomon                           | Rowing - GPS IVs Squad - Gladesville - 5:30am-8:00am       | Tennis - 3rd- 4th - Macintyre Courts - 6:30am-8:00am      |
|               | Swimming - Snr Swim Team/Elite WP - Pool - 6am-7:45am     | Waterpolo - 14A/B - Pool - 6:00am-7:45am                   | Tennis - 14A/B/C - Fairfax Courts - 6:30am-8:00am         | Tennis - 1st/2nd - Macintyre Courts                        | Tennis - Macintyre Courts - Private Lessons               |
|               | Tennis - 1st/2nd - John Solomon                           |  | Tennis - Macintyre Courts - Private Lessons               | Tennis - 9th-12th - Fairfax Courts - 6:30am-8:00am         | Waterpolo - 16A/15s - Pool - 6:00am-7:45am                |
|               | Tennis - Macintyre Courts - Private Lessons               | Prep - BB & Cricket Yrs 5/6 - Fax Cts/Nets - 7:15am-8:15am | Volleyball - Opens - Lions Den - 6:30am-7:30am            | Tennis - Years 7-10 - John Solomon                         |   |
|               | Prep - XC/Fitness Yrs 3-6 - Main Oval - 7:15am-8:15am     | Prep - Tennis Yr 3-6 - Fairfax - 7:15am-8:15am             | Waterpolo - 3rd/14A - Pool - 6:00am-7:45am                | Waterpolo - 1st/2nd/16B - Pool - 6:00am-7:45am             | Prep - Swim Team & Dev Squad - Pool - 7:00am-8:00am       |
|               | Prep - Swim Team & Dev Squad - Pool - 7:00am-8:00am       | Prep - Swim Team & Dev Squad - Pool - 7:00am-8:00am        | Prep - XC/Fitness Yrs 3-6 - Main Oval - 7:15am-8:15am     |  |   |
| PERIOD 1 & 2  | POOL CLOSED FOR CLEANING - 8:00AM - 11:00AM               | Prep - Year 4 PDHPE - Periods 1 & 2                        |   |  |   |
| PERIOD        | YEAR 9 SPORT  | YEAR 10 SPORT  |   |  |   |
|               | Athletics (Summer) - Main Oval                            | Athletics (Summer) - Main Oval                             |   |  |   |
| 3 & 4         | Basketball - Fairfax Courts/Lions Den                     | Basketball - Fairfax Courts/Lions Den                      | Prep - Years 3 & 4 SPORT - Periods 3 & 4                  | Prep - Years 6 PDHPE - Periods 3 & 4                       | ELC - Learn to Swim - Pool - 11:00am-1:30pm               |
|               | Cricket - Main Oval/Fairfax Nets/Centenary Court          | Cricket - Main Oval/Fairfax Nets                           | Pool, Lions Den, Macintyre Courts, Main Oval, Kirkland    | Pool, Lions Den, Macintyre Courts, Main Oval,              |   |
|               | Rehabilitation & Rifle Shooting - John Solomon            | Rehabilitation & Rifle Shooting - John Solomon             | Oval & Fairfax Nets/Oval, Year 4 - Sailing - WSC          | Kirkland Oval & Fairfax Oval                               |   |
|               | Rowing - John Solomon / Fitness, Ergs & Weights           | Rowing - John Solomon / Fitness, Ergs & Weights            |   |  |   |
|               | Sailing - WSC - 10:40am-1pm (Mini bus pick up & return)   | Sailing - WSC - 10:40am-1pm (Mini bus pick up & return)    |   |  |   |
|               | Sportfishing - John Solomon                               | Sportfishing - John Solomon                                |   |  |   |
|               | Tennis - Macintyre Courts                                 | Table Tennis - Breezeway                                   |   |  |   |
|               | Waterpolo - Pool  | Tennis - Macintyre Courts & Lyne Park Courts               |   |  |   |
|               |   | Volleyball - Centenary Court                               |   |  |   |
|               |   | Waterpolo - Pool   |   |  |   |
| LUNCH         | Basketball - (lunchtime - optional) - Lions Den           | Basketball - (lunchtime - optional) - Lions Den            | Basketball - (lunchtime - optional) - Lions Den           | Basketball - (lunchtime - optional) - Lions Den            | Basketball - (lunchtime - optional) - Lions Den           |
|               |   |  |   |  | Tennis - (lunchtime - serve session) - Macintyre Courts   |
| PERIOD        | YEAR 7 SPORT  | YEAR 8 SPORT   |   |  |   |
| 5 & 6         | Basketball - Fairfax Courts/Lions Den                     | Basketball - Fairfax Courts/Lions Den                      | Prep - Years 5 & 6 SPORT - Periods 5 & 6                  | Prep - Years 5 PDHPE - Periods 5 & 6                       | ELC - Learn to Swim - Pool - 11:00am-1:30pm               |
|               | Cricket - Main Oval/Fairfax Nets/Centenary Court          | Cricket - Main Oval/Fairfax Nets/Centenary Court           | Pool, Lions Den, Fairfax Nets/Oval, Main Oval, Kirkland   | Pool, Lions Den, Macintyre Courts, Main Oval,              |   |
|               | Rehabilitation & Rifle Shooting - John Solomon            | Rehabilitation & Rifle Shooting - John Solomon             | Oval, Macintyre Courts, Maccabi Courts, Sailing - WSC     | Kirkland Oval & Fairfax Oval                               |   |
|               | Rowing - Gladesville - 1:10pm-4:15pm                      | Rowing - Gladesville - 1:10pm-4:15pm                       |   |  | POOL CLOSED FOR CLEANING - 1:30PM - 3:00PM                |
|               | Sailing - WSC - 12:55pm-3pm - (Mini bus pick up & return) | Sailing - WSC - 12:55pm-3pm - (Mini bus pick up & return)  |   |  |   |
|               | Tennis - Macintyre Courts & Waverley Oval Courts          | Sportfishing - John Solomon                                |   |  |   |
|               | Waterpolo - Pool  | Tennis - Macintyre Courts & Lyne Park Courts               |   |  |   |
|               |   | Waterpolo - Pool   |   |  |   |
| AFTER         |   | Basketball - 1sts - Lions Den                              | Basketball - 14A/15A - Lions Den                          | Basketball - 2nds - Lions Den                              | Basketball - 1sts/2nds (Shooting) - Lions Den             |
| SCHOOL        |   | Basketball - 3rd/4th - Centenary Court                     | Basketball - 5th/6th - Centenary Court                    | Basketball - 3rd/4th - Centenary Court                     | Basketball - 16s - Fairfax Courts                         |
| 3:15-5:00pm   | Co-CURRICULAR for Years 8-12, 3:05-5:00pm                 | Basketball - 14B-Hs - Fairfax Courts                       | Basketball - 15B-Hs - Fairfax Courts                      | Basketball - 7th - 12th - Fairfax Courts                   | Rowing - Rejuv. session - John Solomon 3:15pm-4:00pm      |
|               |   | Cricket - 1st XI/2nd XI - S&C - Main Oval/John Solomon     | Cricket - 1stXI - Skills Session - Fairfax Nets           | Cricket - 1stXI/2nd XI - Net/Field Session - Main/Kirkland | Swimming - Senior Team - Pool                             |
|               |   | Cricket - 3rd/4th XI - Fairfax                             | Cricket - 2nd XI - Net/Field Session - Kirkland           | Cricket - 15s & 16s - Net/Field Session - Main/Fairfax     | Tennis - 1st/2nd - Macintyre Courts                       |
|               |   | Rehabilitation - Year 11 only - John Solomon               | Cricket - 14s - Main Oval/Mansion Road (Prep School)      | Rehabilitation - Years 8 & 10 only - John Solomon          | Waterpolo - 16B/14A/14B - Pool (Swim)                     |
|               |   | Rowing - 1st/2nd VIII - Gladesville - Overnight            | Rehabilitation - Years 7 & 9 only - John Solomon          | Rowing - 1st/2nd VIII - John Solomon                       |   |
|               | Prep - SEA Years 2-6                                      | Rowing - GPS IVs Squad - John Solomon                      | Rowing - 1st/2nd VIII - Centennial Park (Run)             | Rowing - 1st/2nd VIII - Overnight                          |   |
|               | Basketball - Lions Den/Cent Court - 3:15pm - 4:30pm       | Rowing - Year 7 - Gladesville - 3:15pm-6:30pm              | Rowing - GPS IVs Squad - Overnight                        | Rowing - 3rd VIII - Gladesville - 3:15pm-6:30pm            |   |
|               | Cricket - Kirkland Oval - 3:15pm - 4:30pm                 | Sailing - (Teams Racing Squad) - WSC                       | Rowing - Year 10 VIII - Gladesville - 3:15pm-6:30pm       | Rowing - Year 10 VIII - Gladesville - 3:15pm-6:30pm        |   |
|               | Waterpolo - Pool - 3:15pm-4:45pm                          | Sportfishing - Double Bay Boatshed                         | Rowing - 3rd VIII - Gladesville - 3:15pm-6:30pm           | Sailing - (Fleet Racing Squad) - WSC                       |   |
|               |   | Tennis - 1st/2nd - Macintyre Courts                        | Rowing - Year 8 - Gladesville - 3:15pm-6:30pm             | Tennis - 15A-D - Cooper Park                               |   |
|               |   | Tennis - 3rd/4th - Cooper Park                             | Swimming - Senior Team - Pool - 3:15pm-4:30pm             | Waterpolo - 16A/15s - Pool                                 |   |
|               |   | Tennis - 5th/6th - Cooper Park                             | Table Tennis - Yr 10/11 - S101                            |  |   |
|               |   | Tennis - Years 7-10 - John Solomon                         | Tennis 16A/B - Macintyre Courts                           |  |   |
|               |   | Waterpolo - 1st/2nd - Pool                                 | Tennis - 3rd/4th - John Solomon                           | Co-CURRICULAR for Year 7, 3:05pm-5:00pm                    |   |
|               |   |  | Tennis - 7th/8th - Macintyre Courts                       |  |   |
|               |   |  | Tennis - 14D-F - Cooper Park                              |  |   |
|               |   |  | Tennis - 16C - Cooper Park                                | Prep - Advanced Sailing Squad - WSC - 3:15pm-5:50pm        |   |
|               |   |  | Waterpolo - 1st/2nd - Gym & Pool                          | Prep - Tennis SEA - Macintyre Courts (3:15pm-4:15pm)       |   |
|               |   |  | Waterpolo - 16A/15s - Pool (Swim)                         | Prep - Tennis SEA Academy - Macintyre Cts (4:30-6:00pm)    |   |
|               |   |  | Waterpolo - Goalkeepers - Pool                            |  |   |
| 5:00pm-7:00pm | Basketball - Lions Den - open gym to all                  | Tennis - Macintyre Courts - Private Lessons                | Tennis - Macintyre Courts - Private Lessons - 5:00-7:00pm | Tennis - Macintyre Courts - Private Lessons                | LIONS DEN CLOSED FOR CLEANING                             |
|               | Cricket - 1stXI (Batting) - Fairfax - 5:00pm-6:30pm       |  |   | Prep - Advanced Sailing Squad - WSC - 3:15pm-5:50pm        | Tennis - Macintyre Courts - Private Lessons               |
|               | Rowing - GPS IVs Squad - Gladesville - Overnight          |  |   | Prep - Tennis SEA Academy - Macintyre Cts (4:30-6:00pm)    |   |
|               | Tennis - Macintyre Courts - Private Lessons               |  |   |  |   |
|               | Cranbrook School - Pool - 5:00pm - 6:00pm                 |  |   | UNSW - Pool - 4:30pm - 6:00pm                              | Cranbrook School - Pool - 5:00pm - 6:00pm                 |