

# WINTER SPORT Training Schedule - Term 2 & Term 3 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	John Solomon Sports Club - open for all boys	John Solomon Sports Club - open for all boys	John Solomon Sports Club - open for all boys	John Solomon Sports Club - open for all boys	John Solomon Sports Club - open for all boys
BEFORE	Cross Country - Yrs 10-12 - Fartlek - Main Oval - 6:45am	Athletics - Speed Training - Main Oval	Basketball - Drop in Session - Lions Den - 6:30am-8am	Athletics - Speed Training - Main Oval	Football - 3rd/4th - Moore Park Artificial - 6am-7:45am
SCHOOL	Football - 1st/2nd - Moore Park Artificial - 6am-7:45am	Rugby - 1st/2nd/16A - John Solomon	Football - 1st-4th - Moore Park Artificial - 6am-7:45am	Cross Country - All - Main Oval - 6:30am-7:45am	Football - Jnr Academy drop in - Fairfax - 7:00am-8:00am
	Volleyball - Lions Den (Drop in Skills)	Rugby - 13A/14A (Set Piece) - Main Oval - 6:30am-7:45am	Football - Futsal - Fairfax - 7:00am-8:00am	Football - 1st/2nd - Moore Park Artificial - 6am-7:45am	Football - GK Session - Kirkland
		Volleyball - 1st/2nd - Lions Den - 6:30am-7:45am	Rugby - 5th-7th - Main Oval	Rugby - 1st/2nd/16A - John Solomon	Rugby - 13A - Easts Rugby Club - 6:30am-7:45am
			Rugby - 14A/15A - Easts Rugby Club - 6:30am-7:45am	Rugby - 8th/9th - Main Oval	Volleyball - 2nd/3rd - Lions Den - 6:30am-7:45am
				Rugby - 15A/16A (Set Piece) - Main Oval - 6:30am-7:45am	
				Volleyball - 1st - Lions Den - 6:30am-7:45am	
	PREP Athletics - Years 3-6 - Main Oval - 7:15-8:15am	PREP - Yr 5/6 Rugby Additional Skills - Fairfax - 7:15-8:15am	PREP Athletics - Years 3-6 - Main Oval - 7:15-8:15am		
		PREP - Yr 3/4 Football Addit. Skills - Mansion Rd - 7:15-8:15am		PREP - Yr 3/4 Rugby Addit. Skills - Mansion Rd - 7:15-8:15am	
				PREP - Yr 5/6 Football Addit. Skills - Fairfax - 7:15-8:15am	
PERIODS		PREP - Year 4 PDHPE - Kirkland/Fairfax			
1 & 2					
RECESS					
PERIODS	YEAR 9 SPORT	YEAR 10 SPORT	PREP SPORT - YEARS 3 & 4 -		
3 & 4	Cross Country - Main Oval	Cross Country - Main Oval	U9 Rugby - Woollahra Oval		
	Football - Waverley Oval Artificial	Football - Waverley Oval Artificial	U10 Rugby - Christison Park	PREP - Year 6 PDHPE - Kirkland/Fairfax	
	Rehabilitation - Sports Club	Rehabilitation - Sports Club	U9 Football - Fairfax		
	Rifle Shooting - Sports Club	Rifle Shooting - Sports Club	U10 Football - Main/Kirkland Oval		FIELD CLEAR FOR MOWING
	Rugby - Main Oval	Rugby - Easts Rugby Club			
	Volleyball - Lions Den	Volleyball - Lions Den			
LUNCH					
PERIODS	YEAR 7 SPORT	YEAR 8 SPORT	PREP SPORT - YEARS 5 & 6 -		
5 & 6	Cross Country - Main Oval	Cross Country - Main Oval	U11 Rugby - Woollahra Oval	PREP - Year 5 PDHPE - Kirkland/Fairfax	PREP - Year 3 PDHPE - Kirkland/Fairfax
	Football - Waverley Oval Artificial	Football - Waverley Oval Artificial	U12 Rugby - Christison Park		
	Rehabilitation - Sports Club	Rehabilitation - Sports Club	U11 Football - Fairfax/Kirkland/Main Oval		
	Rifle Shooting - Sports Club	Rifle Shooting - Sports Club	U12 Football - Christison Park		FIELD CLEAR FOR LINE PAINTING
	Rugby - Main Oval	Rugby - Easts Rugby Club			
	Volleyball - Lions Den - 1:25pm - 4:30pm	Volleyball - Lions Den			
AFTER	Volleyball - 14A/B - Lions Den - 1:25pm-4:30pm	John Solomon Sports Club - open for all boys	John Solomon Sports Club - open for all boys	John Solomon Sports Club - open for all boys	John Solomon Sports Club - open for all boys
SCHOOL		Cross Country - Year 11/12 - Centennial Park	Cross Country - All - Pool session	Football - 16s - Robertson Road	
3:15pm - 5:00pm		Football - 1st-4th - S&C - Centenary Court	Football - 7th/8th - Fairfax	Football - 14s - Robertson Road	Volleyball - Court set up and game play
		Football - 5th/6th - Fairfax	Football - 15s - Robertson Road	Rehabilitation - Years 8 & 10 - John Solomon	
		Rehabilitation - Years 11 & 12 - John Solomon	Football - 13s - Robertson Road	Rifle Shooting - Squad A - M224	
		Rifle Shooting - Squad B - M224	Rehabilitation - Years 7 & 9 - John Solomon	Rugby - 1st/2nd - Main Oval	
	SEA PREP Sport, Years 2-6	Rugby - 1st/2nd - Main Oval	Rugby - 1st/2nd - Main Oval	Rugby - 3rd/4th - Main Oval	FIELD CLEAR FOR LINE PAINTING
	Rugby - Kirkland Oval	Rugby - 3rd/4th - Main Oval	Rugby - 16A - Main Oval	Rugby - 16s - Christison Park	
	Football - Mansion Rd	Volleyball - 14A/15A/16A - Lions Den	Rugby - 15s - Christison Park	Rugby - 14s - Christison Park	
			Rugby - 13s - Christison Park	Volleyball - Juniors - Lions Den	
			Volleyball - 3rd/4th/5th - Lions Den		
	Co-CURRICULAR for Years 8-12, 3:05-5:00pm			Co-CURRICULAR for Year 7, 3:05pm-5:00pm	