



Weekly Sports Report 26 April 2018 - Term 2 - Week 2

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From the Head of Sport

Congratulations to our Open basketball team who placed 3rd at the recent Marist Basketball Carnival in Canberra. The team was exceptional as ambassadors for our College and their result was the highest finish any Ashgrove team has ever recorded at this tournament! This was a fantastic achievement from the boys!! We congratulate Mr Dean Aspland and Ms Murphy Baldry for the tremendous job they did in preparing and coaching the boys for the competition, and thank Mr Michael Connolly for his smooth organisation and management of the team.

After a full round of trials against St Laurence's last Saturday where 66 matches were played, we commence Round 1 of AIC competition for Term 2 sport this Friday with our chess teams taking on Padua College in the Draney theatre. We would like to commend all students for the way they represented the College last weekend to our staff for the time and effort that has been put into preparing for the season ahead. We wish all teams the very best of success for what should be an exciting weekend of sport.

Our Chess teams are looking to regain the aggregate championship with another great year under the guidance of Mr Bull, Mr Humphrey and their coaching staff. The majority of our Rugby and Football teams will take on Padua College in Round 1 this Saturday. Given the large number of teams that will compete for the College on the weekend, it is important to remind all boys of a few points which will ensure that the College is represented in the best possible way.

IMPORTANT REMINDERS

Marist College Ashgrove Sport comes first – no exceptions. As I know all students and families are aware, our College policy on all students at Marist College Ashgrove committing to their school sport first is and always will be in place. Please ensure you are maintaining your commitment to your school first throughout the upcoming season.

UPCOMING EVENTS

Friday 27 April

AIC Chess Round 1 v Padua

Saturday 28 April

AIC Round 1 Rugby & Football Trial
v Padua College

Wednesday 2 May

College Cross Country Championships
(Years 5-12) @ GPS Rugby Grounds

Friday 4 May

AIC Chess Round 2 v Iona

Saturday 5 May

AIC Round 2 Rugby & Football
v Iona College

MCA SPORTS CONNECT

Head of Sport

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Mr Tim Sedgwick

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Mr Henry Gilbert

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From the Head of Sport CONTINUED...

A few key REMINDERS regarding sport:

- Training – coaches spend a lot of time planning seasons and training sessions for our teams. It is only fair that students are organised, on time and ready to train for every session.
- Absence – students are not to send a message about missing training through another student. Please speak to your coach in person or email in advance about why you will miss training.
- Sport Contacts – Should you have any questions regarding Rugby, Football or Cross Country please contact the relevant staff coordinators in the first instance.

COMMUNICATION

With a busy term ahead, it is important that students and parents regularly check the main sources of information to receive updates and changes to draws, training timetables etc. Each week, information can be found in:

- The Buzz Newsletter (draws, training timetables, general information & contacts)
- College App
- Sports noticeboard (outside the gym)
- Morning and afternoon notices
- Emails (students are reminded to check these regularly!)

TERM 2 SPORT UNIFORM

While we have been quite successful in wearing our correct jerseys for both codes, we are letting ourselves down with socks and shorts. No player will be permitted to take the field if they are not in the correct blue socks and shorts. If you are heading home after a game and you intend on returning to support other teams, please wear the College uniform. Boys remaining at the College after their games are welcome to support in their playing uniform provided they are well-presented. All coaches will be asked to not put a player on until they have the correct uniform so please organise this ASAP.

Please see photos below as for correct Rugby and Football uniform.



HUMILITY

As was mentioned in previous newsletters, it is extremely important to act with humility at all times. We are fortunate to have talented athletes supported by great coaches and we will often be in positions where we can win games very convincingly. We lose all credibility and respect from opposition schools, staff and parents if we cannot win with dignity and be humble in our victories.

Cheering or jeering opposition errors is not representative of the character we pride ourselves on. We ask that high standards of sportsmanship are displayed regardless of the score.

RESPECT FOR OFFICIALS

Given that it is often difficult to find enough referees/linesmen to cover the large number of matches hosted each week, it is an expectation that all players are respectful towards officials whether playing, or supporting. Dissent or misconduct towards officials will not be tolerated.

CANTEENS

Our canteens rely on the support of parents to assist our P&F in providing this service to you. The McMahon oval canteen is very busy on a Saturday and for those of you lucky enough to play football on Hayden or rugby on McMahon there is a certain amount of responsibility involved in your support of the canteens.

From the Head of Sport CONTINUED...

If we cannot get the parents of boys playing on Hayden and McMahon to assist in the McMahon oval canteen on Saturday's, we may need to look at changing the draws to support the teams whose parents are willing to help. If boys want the privilege of playing on these main fields, then we would really appreciate the support of our MCA families.

With the opening of our renovated fields on the Flats, it will certainly be a busy venue once again. Therefore we require support from our parents at our Flats canteen as well. Please check your emails and our College APP for how you can get involved.

Finally, I would like to acknowledge the efforts of several staff members who have worked tirelessly to prepare teams or coordinate programs over the past month for the upcoming seasons of sport.

- Primary Sport – Mr John Lambourne
- Chess – Mr Daniel Bull and Mr Tim Humphrey
- Rugby – Mr Tim Sedgwick (coordinator)
 - 1st XV coaches Mr David Miles and Mr Brendan Kiernan
- Football – Mr Terry Quain (coordinator)
 - 1st XI coaches Mr Jamie Morgan and Mr Corey Lucas
- Cross-country – Ms Alyce Deeley with support from coaches Mr Matt Hayward, Mr Andrew Fogarty, Mr Chris Hants, Mr Ryan Cullen and Head Coach, Mr Connor O'Leary

CONGRATULATIONS

Congratulations to all students on their selection in the 1st teams for 2018 (see below). These teams will be presented in front of the College at our May 2 assembly next week. It is always an honour to represent Ashgrove in any team across the school with the 1st XI and 1st XV seen as the pinnacle of their sports and we congratulate these students on their achievement.

1ST XV RUGBY ASH 1st XV vs. PADUA 1st XV

2:15pm McMahon Oval
Marist College Ashgrove

1ST XI FOOTBALL ASH 1st XI vs. PADUA 1st XI

12:15pm Hayden Oval
Marist College Ashgrove

****ALL SUPPORTERS ARE ENCOURAGED TO TURN OUT IN GREAT NUMBERS TO SUPPORT OUR TEAMS!****

Mr David Miles
Head of Sport

MARIST COLLEGE ASHGROVE

College App Available Now

for iPhone, Android & iPad

Download on the **App Store** | GET IT ON **Google Play**

1st XV Rugby and 1st XI Football Team Selections

Congratulations to the following boys who have been selected for their respective 1st sides for Round 1 v Padua this weekend. These boys have put in countless hours of training to reach this point and we wish them the best of luck on Saturday.

1ST XV RUGBY

1. John Downes
2. Rory White
3. Blake Roszka
4. Ben Geraghty (c)
5. Jacob Heinke
6. Lachlan Howse
7. Dougal Perrers
8. Ben Byrne (vc)
9. Sam Stephens
10. Zach Hogan
11. Archie Marles
12. Josh Radford
13. Campbell Moller
14. Kale Van Dugteren
15. Shaquille McLeod

Head Coach
Mr David Miles

Assistant Coaches
Mr Brendan Kiernan
Mr Tyrell Barker

1ST XI FOOTBALL

1. Fletcher Roebig
2. Max Haynes
3. Chris Banning (c)
4. Zak Payne
5. Flynn Bowden
6. Will Gullo
7. Will Oostenbroek
8. Nick Webb (vc)
9. Will Lee
10. Ben Braunstorfer
11. Tom Vosper

Head Coach
Mr Jamie Morgan

Assistant Coach
Mr Corey Lucas

Manager
Mr Lou Mazzoleni

Individual Achievements

Congratulations to:

- Toby Bergh (Year 8) on his selection in the Met North 15 years Volleyball team to compete at the State Championships in Brisbane in early May.
- Floyd Aubrey (Year 10) and Dwayne Ludwick (Year 9) on their selections in the Met North 15 years Rugby League team to compete at the State Championships in Townsville in early May.
- Will Jennings (Year 9) on his selection in the Met North 15 years AFL team to compete at the State Championships in North Queensland in May.
- Callan Jensen (Year 5) on his results at the QLD Little Athletics Titles. Callan won Gold in the 10 years Shot Put and 200m, and Silver in the 100m, 70m, and 60m Hurdles.
- Asher Parkin (Year 6) on his Bronze Medal in the 11 years 1500m at the QLD Little Athletics Titles.

SPORT PHOTOS AND VIDEOS

The sports department are always looking for photos and videos of the Colleges sporting teams throughout the year. If you wish to share these for use in the Sports newsletter, Blue and Gold, as well as other College publications, we encourage you to please send them to mcasport@marash.qld.edu.au.

WET WEATHER

It is inevitable that the weather will cause some games and training to be cancelled.

Parents and students are encouraged to download the MCA App for the most up to date announcements regards training and games.

AIC RUGBY FIXTURES

ROUND 1 V PADUA & OTHER COLLEGES - SATURDAY APRIL 28, 2018

Rugby Coordinator: Mr Tim Sedgwick

- All players to arrive at least 30 mins prior to game time OR when your coach has requested
- All students are expected to be in correct uniform at all times – Ashgrove Rugby jersey, BLUE playing shorts, and Ashgrove rugby socks.

SATURDAY APRIL 28, 2018: Year 9 – OPENS

| TEAM | TIME | H / A | VENUE |
|---------------------------|---------|-------|-------------------------------------------------------------|
| 1sts vs. PADUA 1sts | 2:15pm | HOME | McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 2nds vs. PADUA 2nds | 1.00pm | HOME | McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 3rds vs. PADUA 3rds | 12.00pm | HOME | McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 4ths vs. PADUA 4ths | 11:00am | HOME | McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 5ths vs. PADUA 5ths | 10:00am | HOME | McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 6ths vs. IONA 5ths | 9:00am | HOME | McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 7ths vs. SLC 5ths | 8:00am | HOME | McMahon Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 10A vs. PADUA 10A | 1:00pm | HOME | Cameron Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 10B vs. PADUA 10B | 11:00am | HOME | Cameron Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 10C vs. PADUA 10C | 10:00am | HOME | Cameron Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 10 GOLD vs. PADUA 10 GOLD | 9:00am | HOME | Cameron Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 10 WHITE vs. SLC 10C | 8:00am | HOME | Cameron Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 9A vs. PADUA 9A | 12:00pm | HOME | Cameron Oval, Marist College Ashgrove. Frasers Rd, Ashgrove |
| 9B vs. PADUA 9B | 11:00am | HOME | Flat 8, Des Connor Fields. Grevillea Rd, Ashgrove |
| 9C vs. PADUA 9C | 10:00am | HOME | Flat 8, Des Connor Fields. Grevillea Rd, Ashgrove |
| 9 GOLD vs. PADUA 9 GOLD | 9:00am | HOME | Flat 8, Des Connor Fields. Grevillea Rd, Ashgrove |
| 9 WHITE vs. IONA 9 GOLD | 8:00am | HOME | Flat 8, Des Connor Fields. Grevillea Rd, Ashgrove |
| 9 GREEN vs. SLC 9 GOLD | 12:00pm | HOME | Flat 8, Des Connor Fields. Grevillea Rd, Ashgrove |

SATURDAY APRIL 28, 2018: Years 5 – 8

| TEAM | TIME | H / A | VENUE |
|--------------------------|---------|-------|---------------------------------------------------------------|
| 8A vs. PADUA 8A | 12.00pm | AWAY | Field 1, Padua playing fields. 222 Elliot Rd, Banyo |
| 8B vs. PADUA 8B | 11.00am | AWAY | Field 2, Padua playing fields. 222 Elliot Rd, Banyo |
| 8C vs. PADUA 8C | 10.00am | AWAY | Field 2, Padua playing fields. 222 Elliot Rd, Banyo |
| 8 GOLD vs. IONA 8 GOLD | 10:00am | AWAY | McCarthy Oval, Iona College. 85 North Rd, Lindum |
| 8 WHITE vs. SLC 8 GOLD | 9:00am | AWAY | Field 2, Lehmann East. SLC Playing Fields, Nathan Rd, Runcorn |
| 8 GREEN vs. IONA 8 WHITE | 9:00am | AWAY | McCarthy Oval, Iona College. 85 North Rd, Lindum |
| 7A vs. PADUA 7A | 11:00am | AWAY | Field 1, Padua playing fields. 222 Elliot Rd, Banyo |
| 7B vs. PADUA 7B | 10:00am | AWAY | Field 1, Padua playing fields. 222 Elliot Rd, Banyo |
| 7C vs. PADUA 7C | 9:00am | AWAY | Field 1, Padua playing fields. 222 Elliot Rd, Banyo |
| 7 GOLD vs. PADUA 7 GOLD | 8:00am | AWAY | Field 1, Padua playing fields. 222 Elliot Rd, Banyo |
| 7 WHITE vs. SLC 7 GOLD | 10:00am | AWAY | Field 4, O'Neill Oval. SLC Playing Fields, Nathan Rd, Runcorn |
| 7 GREEN vs. IONA 7 GOLD | 9:00am | AWAY | Harron Oval, Iona College. 85 North Rd, Lindum |
| 6A vs. PADUA 6A | 12:00pm | AWAY | Field 2, Padua playing fields. 222 Elliot Rd, Banyo |
| 6B vs. PADUA 6B | 11:00am | AWAY | Field 3, Padua playing fields. 222 Elliot Rd, Banyo |
| 6C vs. PADUA 6C | 12:00pm | AWAY | Field 3, Padua playing fields. 222 Elliot Rd, Banyo |
| 6 GOLD vs. PADUA 6 GOLD | 10:00am | AWAY | Field 3, Padua playing fields. 222 Elliot Rd, Banyo |
| 5A vs. PADUA 5A | 9:00am | AWAY | Field 3, Padua playing fields. 222 Elliot Rd, Banyo |
| 5B vs. PADUA 5B | 8:00am | AWAY | Field 3, Padua playing fields. 222 Elliot Rd, Banyo |
| 5C vs. PADUA 5C | 9:00am | AWAY | Field 2, Padua playing fields. 222 Elliot Rd, Banyo |
| 5 GOLD vs. PADUA 5 GOLD | 8:00am | AWAY | Field 2, Padua playing fields. 222 Elliot Rd, Banyo |
| 5 WHITE vs. SLC 5 GOLD | 8:00am | AWAY | Field 4, O'Neill Oval. SLC Playing Fields, Nathan Rd, Runcorn |

AIC FOOTBALL FIXTURES

ROUND 1 V PADUA & OTHER COLLEGES - SATURDAY APRIL 28, 2017

Football Coordinator: Mr Terry Quain

- All players to arrive at least 30 mins prior to game time OR when your coach has requested
- All students are expected to be in correct uniform at all times - Ashgrove Football jersey, BLUE playing shorts, and Ashgrove football socks

| FRIDAY APRIL 28, 2018 | | | |
|----------------------------|--------|-------|-------------------------------------------------|
| TEAM | TIME | H / A | VENUE |
| ASH 8 GOLD vs. ASH 8 WHITE | 3:45pm | HOME | Flat 7, Des Connor Park. Grevillea Rd, Ashgrove |

| SATURDAY APRIL 28, 2018: Year 9 – OPENS | | | |
|-----------------------------------------|---------|-------|----------------------------------------------------------------|
| TEAM | TIME | H / A | VENUE |
| 1sts vs. PADUA 1sts | 12.15pm | HOME | Hayden Oval, Marist College Ashgrove. 142 Frasers Rd, Ashgrove |
| 2nds vs. PADUA 2nds | 11.00am | HOME | Hayden Oval, Marist College Ashgrove. 142 Frasers Rd, Ashgrove |
| 3rds vs. PADUA 3rds | 11:10am | HOME | Flat 7, Des Connor Park. Grevillea Rd, Ashgrove |
| 4ths vs. PADUA 4ths | 10:00am | HOME | Flat 7, Des Connor Park. Grevillea Rd, Ashgrove |
| 5ths vs. PADUA 5ths | 9:00am | HOME | Flat 7, Des Connor Park. Grevillea Rd, Ashgrove |
| 6ths vs. PADUA 6ths | 10:00am | HOME | Flat 6, Des Connor Park. Grevillea Rd, Ashgrove |
| 7ths vs. SLC 6ths | 9:00am | HOME | Flat 6, Des Connor Park. Grevillea Rd, Ashgrove |
| 10A vs. PADUA 10A | 9.45am | HOME | Hayden Oval, Marist College Ashgrove. 142 Frasers Rd, Ashgrove |
| 10B vs. PADUA 10B | 8:00am | HOME | Flat 7, Des Connor Park. Grevillea Rd, Ashgrove |
| 10C vs. SLC 10C | 8:00am | HOME | Flat 6, Des Connor Park. Grevillea Rd, Ashgrove |
| 10 GOLD vs. ATC 10C | 8:00am | HOME | Flat 5, Des Connor Park. Grevillea Rd, Ashgrove |
| 9A vs. PADUA 9A | 8.30am | HOME | Hayden Oval, Marist College Ashgrove. 142 Frasers Rd, Ashgrove |
| 9B vs. PADUA 9B | 7:30am | HOME | Hayden Oval, Marist College Ashgrove. 142 Frasers Rd, Ashgrove |
| 9C vs. PADUA 9C | 9:00am | HOME | Flat 5, Des Connor Park. Grevillea Rd, Ashgrove |
| 9 GOLD vs. PADUA 9 GOLD | 10:00am | HOME | Flat 5, Des Connor Park. Grevillea Rd, Ashgrove |

| SATURDAY APRIL 28, 2018: Year 5 – 8 | | | |
|-------------------------------------|---------|-------|-----------------------------------------------------------------|
| TEAM | TIME | H / A | VENUE |
| 8A vs. PADUA 8A | 9:00am | AWAY | Football 1, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 8B vs. PADUA 8B | 11:00am | AWAY | Football 1, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 8C vs. PADUA 8C | 12:00pm | AWAY | Football 1, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 7A vs. PADUA 7A | 8:00am | AWAY | Football 1, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 7B vs. PADUA 7B | 10:00am | AWAY | Football 1, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 7C vs. PADUA 7C | 8:00am | AWAY | Football 3, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 7 GOLD vs. PADUA 7 GOLD | 9:00am | AWAY | Football 3, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 7 WHITE vs. PADUA 7 WHITE | 10:00am | AWAY | Football 3, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 6A vs. PADUA 6A | 8:00am | AWAY | Football 2A, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 6B vs. PADUA 6B | 9:00am | AWAY | Football 2A, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 6C vs. PADUA 6C | 10:00am | AWAY | Football 2A, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 6 GOLD vs. PADUA 6 GOLD | 11:00am | AWAY | Football 2A, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 6 WHITE vs. PADUA 6 WHITE | 12:00pm | AWAY | Football 2A, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 5A vs. PADUA 5A | 8:00am | AWAY | Football 2B, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 5B vs. PADUA 5B | 9:00am | AWAY | Football 2B, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 5C vs. PADUA 5C | 10:00am | AWAY | Football 2B, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 5 GOLD vs. PADUA 5 GOLD | 11:00am | AWAY | Football 2B, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 5 WHITE vs. PADUA 5 WHITE | 12:00pm | AWAY | Football 2B, Padua College Playing Fields. 222 Elliot Rd, Banyo |
| 5 GREEN vs. SLC 5 WHITE | 10:50am | AWAY | Field 8, SLC Playing Fields, Nathan Rd, Runcorn |

Rugby Training Timetable

AIC Rugby Season Training Days and Times

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday |
|---------|-----------|-----------|-----------------|--------------------|-----------------|------------------|--------------|--------------------|------------|
| | AM | PM | AM | PM | AM | PM | AM | PM | AM |
| | 7:00-8:15 | 3:30-4:45 | 7:00-8:15 | 3:30-4:45 | 6:30 - 7:45 | 3:30-4:45 | 6:30 - 7:45 | 3:30-4:45 | 7:00-8:15 |
| McMahon | | | | 1st/2nd XV | | 1st/2nd XV | Year 9 A | 1st/2nd XV | |
| Cameron | Year 5A | Year 10 | Year 6 C - Gold | Opens | Year 5 C - Gold | Year 10 | | Opens | Year 6 A/B |
| Flat 7 | | Year 9 | | Year 5 | | Year 9 B-Colours | | Year 6 | |
| Flat 8 | | Year 9 | Year 10 Gold | Year 7 | | Year 9 B-Colours | Year 10 Gold | Year 7 | Year 5B |
| GPS 2 | | | | Year 8 A - B | | | | Year 8 A - B | |
| GPS 3 | | | | Year 8 C - Colours | | | | Year 8 C - Colours | |

Football Training Schedule

| 6:45 - 8:00am | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|-----------------------------|-------------------------|------------|-----------------------|---------------|
| HAYDEN | 3rd XI 4th XI | 1st XI | 7A | 1st XI | 3rd XI 4th XI |
| JACK EALES | 6A, 5B, 5C, 5 Gold, 5 White | GK Training Years 10-12 | 10C | GK Training Years 5-9 | 5 Green |
| FLAT #5 | 6th XI | 9 Gold 8 White | 5th XI | | |
| FLAT #6 | 10 Gold | 7 Gold 7 White | ALL YEAR 8 | 7 Gold 7 White | 10C 10Gold |
| FLAT #7 | 9C | 7A | ALL YEAR 8 | 9B | 8A |

| 3:30 - 4:45pm | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|----------------------|--------------------|------------|----------------------|------------------|
| HAYDEN | 2nd XI | 10A & BTC Squad 9B | 2nd XI, 9A | 10A & 10B 5A | 5th XI 6th XI |
| JACK EALES | 6B, 6Gold 6C, 6White | 7C | 10B | 9A 8C | 7C |
| FLAT #5 | 8GOLD | ALL YEAR 5 | 7B | ALL YEAR 6 | |
| FLAT #6 | 8B 7B | ALL YEAR 5 | 7th XI | ALL YEAR 6 7th XI | 9C 9 Gold |
| FLAT #7 | | RUGBY | | RUGBY | |

Gym Schedule

TERM 2 - WEEK 2 - SCHEDULE MAY CHANGE

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|-----------------|------------------------------------|-------------------------|---------------------|-------------------------|-------------------|
| AM | 6:15am - 7:15am | PHYSIO & TRIAGE - RUGBY & FOOTBALL | OPENS BASKETBALL | GENERAL/BOARDERS | OPENS RUGBY - BOARDERS | OPENS BASKETBALL |
| | 7:05am - 8:05am | | RUGBY DEVELOPMENT GROUP | TENNIS / T&F | OPENS RUGBY | TENNIS / T&F |
| | 8:35am - 8:50am | YEARS 5/6 - M.A.D | | YEARS 5/6 - M.A.D | | YEARS 5/6 - M.A.D |
| LUNCH | BREAK 1 | | | | | |
| | BREAK 2 | OPENS FOOTBALL FLEX | OPENS RUGBY FLEX | OPENS FOOTBALL FLEX | OPENS RUGBY FLEX | |
| PM | 3:25pm - 4:25pm | OPENS RUGBY | GENERAL/BOARDERS | OPENS FOOTBALL | RUGBY DEVELOPMENT GROUP | |
| | 4:25pm - 5:00pm | OPENS FOOTBALL | | | GENERAL/BOARDERS | |

| | |
|---------------------------------|-----------------|
| BASKETBALL/TENNIS/TRACK & FIELD | PRESEASON SPORT |
| OPENS RUGBY/FOOTBALL | INSEASON SPORT |

SPORTS BASED S&C GYM SESSIONS ARE FOR EITHER DESIGNATED 1ST OPENS (YEARS 11/12) PLAYERS OR NOMINATED STUDENTS ONLY
STUDENTS IN YEARS 8 - 12 CAN ACCESS GYM AT DESIGNATED GENERAL SESSIONS (MAX 25 STUDENTS)

Cross Country

All Cross Country squad members should be attending at least 2-3 sessions per week. If this is going to be an issue, please keep Miss Deeley or your Age Coordinator informed. We are well aware that many of you are committed to Term 2 Sport – we will be happy to show flexibility as long as you're open with us and you keep us in the loop.

Our training session options are as follows:

Training A: Monday & Tuesday mornings – focus will be on race pace development

Training B: Wednesday & Thursday mornings – focus will be on short/long hill repetitions

Long Runs: Friday mornings – focus is on aerobic running (easy long runs)

We meet at the **Grandstand (McMahon Oval)** for regular training with sessions commencing at 6:45am sharp – please arrive before then so we'll be ready to leave on time (make sure you have your name checked-off with Miss Deeley before the session starts). We have a tradition of playing touch before training – for those interested, this usually kicks off around 6:20am onwards.

We will train every school day of Term 2.