

## Training Session Allocations – Term 1, 2009

Morning Training – Basketball and Volleyball				
Monday	Tuesday	Wednesday	Thursday	Friday
1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> volleyball 7am	Year 10 basketball 7am	2 <sup>nd</sup> , 3 <sup>rd</sup> , 10 volleyball 7am	1 <sup>st</sup> basketball	Year 10 basketball 7am
Afternoon school training – Basketball and Volleyball				
Year 9 basketball  Yr 8 basketball on outdoor courts  Yr 8 and 9 volleyball to train at Park Rec Centre on Monday and Wednesdays	1 <sup>st</sup> / 2 <sup>nd</sup> basketball  2 <sup>nd</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> basketball at Venville Rec Centre	Year 8 basketball  Yr 9 basketball on outdoor courts  Middle volleyball to train at Park Rec Centre on Monday and Wednesdays	1 <sup>st</sup> and 10 volleyball    2 <sup>nd</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> basketball at Venville Rec Centre	

## Tennis Training Venues – Term 1, 2009

Morning Training (all at Trinity)				
Monday	Tuesday	Wednesday	Thursday	Friday
9A squad 7am	1 <sup>st</sup> V111 squad 6.45am	8A squad 7am	1 <sup>st</sup> V111 squad 6.45am	Year 10A tennis 7am
Afternoon Training				
State Tennis Centre: All year 9 boys who didn't train in the morning and all year 8 boys.	2 <sup>nd</sup> , 3 <sup>rd</sup> V111 at State Tennis Centre, Burswood  Year 10 ABC teams at South Perth Tennis Club	State Tennis Centre. All year 9 and any year 8 who didn't train in the morning	2 <sup>nd</sup> , 3 <sup>rd</sup> V111 at State Tennis Centre, Burswood  Year 10 BC teams at South Perth Tennis Club	

### Swimming – Curtis Aquatic Centre

Monday, Wednesday and Friday 6.45am – 8.00am  
Thursday – 3.15pm – 4.30pm

### Waterpolo – Curtis Aquatic Centre

Year 8 and 9: Monday and Wednesday 3.15pm – 4.30pm  
Years 10,11,12 Tuesday and Thursday 6.45pm – 8.00am

### Rowing – Jack Messer Rowing Shed

Years 11 and 12 Tue, Wed,Thur 5.45 am on the water  
Mon Wed Fri 3-5pm weights  
Year 10s Tue Wed Thur, 5.45 am on the water  
Tue, Thur 3.00pm - 5.00pm weights  
Year 9s Tuesday, Thursday 3pm- 5.00pm,  
Friday 1.00pm to 4.00pm  
Year 8s Mon, Wed 3.00pm - 5.00pm  
Friday 1.15 - 3.00pm

### Cricket – Trinity nets

Year 8 and 9 Monday and Wednesday 3.15pm – 4.30pm  
Years 10,11,12 Tuesday and Thursday 3.15pm – 4.45pm