

TERM 1 TRAINING SCHEDULE 2021

PLEASE NOTE THAT YEAR GROUPS ARE BASED ON YOUR YEAR LEVEL IN 2021.

Tennis Training Schedule - Term 1

**All training takes place on the College Tennis Courts.
(Commences from Monday February 1st)**

Team	Coach	Training Day & Time
Convenor	Mr D Edwards	
1sts and 2nds 3rds and 4ths	Mr S Day	Monday 7.00-8.15am Tuesday 3.30 – 5.00pm Thursday 3.30 – 5.00pm
Internals (Opens)	Ms D Seamons	Tuesday 7.00-8.15am Friday 7.00-8.15am
10A -B	Ms M Ryan	Monday 7.00-8.15am Thursday 7.00-8.15am
9A & B	TBA	Tuesday 7.00-8.15am Friday 7.00-8.15am
8B	Ms Georgia Waites	Monday 3.30 – 4.45pm Wednesday 3.30 – 4.45pm
7 A -D	Mr P Brennan & Ms Beth Chan	Monday 3.30 – 4.45pm Wednesday 3.30 – 4.45pm
Junior School		Wednesday 7.00-8.15am

Cricket Training Schedule

Convenor: Mr J McCallum

Commences from Monday February 1st

Team	Coach	Training Day	Venue
1 st XI	Mr G Elliott / Mr R McNamara	Tuesday 7- 8:15am Tuesday – 3.30-5pm Thursday – 3.30-5pm	College nets QP Nets QP Nets / QP 2
2 nd XI	Mr D von der Heyden	Tuesday – 3.30-5pm Thursday – 3.30-5pm	QP Nets QP 2
3rd XI / 10B	Mr T von der Heyden & M Shanahan	Tuesday – 3.30-5pm Thursday – 3.30-5pm	College Nets QP 3
10 A	Mr D Kroll	Tuesday – 3.30-5pm Thursday – 3.30-5pm	QP 3 QP Nets
9A	Mr D Andrews	Monday - 3.30 - 5pm Wednesday - 3.30 - 5.00pm	QP 3 QP Nets
9B	Mr M Williams-Spooner	Monday - 3.30 - 5pm Wednesday - 3.30 - 5.00pm	QP 3 QP Nets
8A	Mr H Whitaker	Monday - 3.30 - 5pm Wednesday - 3.30 - 5.00pm	College Nets QP 2
8B	Mr James Raciti	Monday - 3.30 - 5pm Wednesday - 3.30 - 5.00pm	College Nets QP 3
8C	Mr R Smith	Monday - 3.30 - 5pm Wednesday - 3.30 - 5.00pm	College Nets QP 3
Skills	Mr J Boyd	Mondays - Wednesdays 3.30-5.00pm	

7A	Mr C Soden	Mondays 3.30-5pm Wednesday 3.30-5pm	QP 2 College Nets
7B	Mr L Andrews	Mondays 3.30-5pm Wednesday 3.30-5pm	QP 2 College Nets

Water Polo Training Schedule

*** All sessions in the College Pool***

Commences From Monday February 1st

Team	Coach	Training Days	Time
1 st	Mr B Walker	Monday Wednesday	7.00 - 8.15am 7.00 - 8.15am
15A	Ms Georgia Graham	Monday Wednesday	7.00 - 8.15am 7.00 - 8.15am
3rds	Ms Jade Johnson	Tuesday Thursday	7.00 - 8.15am 7.00 - 8.15am
16A	Mr C Negus	Monday Wednesday	3.30-5.00pm 3.30-5.00pm
16 B	Mr Josh Manovel	Monday Wednesday	3.30-5.00pm 3.30-5.00pm
2nds	Mr Simon Sharwood	Tuesday Thursday	7.00 - 8.15am 7.00 - 8.15am
15B	Mr A Candi	Tuesday Thursday	7.00 - 8.15am 7.00 - 8.15am
14A	Mr R Fallon	Tuesday Thursday	3.30-5.00pm 3.30-5.00pm
14B	Mr H Hegarty	Tuesday Thursday	3.30-5.00pm 3.30-5.00pm

7A	Ms C Lipman	Fridays	3.30-5.00pm
7B	Mr J Horton	Fridays	3.30-5.00pm

CAS Swimming Group: Commences From Monday February 1st

Coaches : Mr D Parnell, Mr N Nezval, Ms Z Fitzgerald & Ms N Silsby

(Convenor)

Venue : College Pool

Training Days : Monday – Friday Time : 6.45 – 8.15am

Monday & Thursday Time: 3.30 – 5.00pm

Public Speaking Commences From Monday February 1st

Coach: Ms E Halpin

Training: Wednesday 7:30am & Friday 7:30am in K12

Weights & Fitness - Commences From Monday February 1st

Coaches : Mr P.Cornish, Mr P.Darvill, Mr K Newbury, Mr J-P Boumelhem
& Mr S Coleman

Pilates: Monday mornings (all)

Football - Wednesday AM (Waverley Oval synthetic) / Friday AM (weights room)

Rugby - Monday PM (QP), Tuesday AM (Weights) Wednesday PM (Field), Thursday
AM (Weights) Friday PM (Weights)

(Plus other sessions designated by coaches)

Table Tennis: Commences From Wednesday February 3rd

Coach: Mr P Sheehan & Mr P Masen – Gym undercroft
Training days: Wednesday & Thursday Time: 7.15-8.15am
Saturdays – 9.00am

Diving: Commences From Tuesday February 2nd

Coaches : Mrs K Knowles & Ms J Burnett
Training Days : Tuesday Lunch & Saturday 8.00am-9.30am

Lawn Bowls: Commences From Wednesday February 3rd

Coaches : Mrs P Guirguis
Venue : Bronte Bowling Club (16 Wallace St, Waverley)
Training Days : Wednesday Time : 3.45 –5.00pm
Saturdays 9am

Touch Footy: Commences From Monday February 1st

Convenor: Ms R Gair

Venue : Queen's Park 7 - 9

Training Days :

Opens - Tuesday & Thursday Time: 3.30-5.00pm (Mr L Drew-Morris, Mr P Clifton & Mr Shah Garcia)

Year 10 - Tuesday & Thursday Time: 3.30-5.00pm (Mr Harland Rock & Mr Dom Stirzaker)

Year 9 - Tuesday & Thursday Time: 3.30-5.00pm (Mr T Jaeger, Mr O Mahoney & Mr R Blakers)

Year 8 - Monday & Wednesday Time: 3.30-5.00pm (QP 7) (Mr J Tomasiello, Mr E Howe, Mr Ben Tate)

Year 7 - Monday & Wednesday Time: 3.30-5.00pm (QP 7) (Mr L Martin, Ms E Hogg & Ms T McKelleher)

Mountain Biking: Commences From Tuesday February 2nd

Coaches : Mr B Waelen, Mr S Moylett and Mr Jadon Wilson

Training Days : Tuesday & Thursday

Tuesday : Centennial Park & Turbo Studios Queens Park

Time: 3.30 –5.00pm

Thursday: Centennial Park & Turbo Studios Queens Park

Time: 3.30 –5.00pm

Judo: Commences From Monday February 1st

Coaches : Mr A Nedanov & Mr T Pryor

Venue : W 34/5

Training Days : Years 7 - 9 Monday and Wednesday (3.30-5pm) & Saturday's (8.45am-9.45am)

Years: 10 – 12 Tuesdays and Thursdays (3.30-5pm) & Saturdays (7.45am-8.45am)

Study Groups: Commences From Monday February 1st

Staff:

Literacy: Mr L Bosi

Numeracy: Ms A Della Marta

Library staff: Mr S Falkinder and Mr W Roberts

Monday – Thursday: 3.30 – 4.45pm Room: Library

Fitness Group: Commences From Tuesday February 2nd

Coach: Mr R Chen & Ms D O'Garry

Tuesday & Thursday mornings (6.30am) & Saturdays (6.30am)

Summer Cross Country: Commences From Monday February 1st

Coach: Mr N Brophy & Mr A Langdon

Monday & Wednesday mornings (7am). Saturdays - Centennial Park (9am)

Sustainability Group Commences From Tuesday February 2nd

Staff: Ms E Pace

Meetings: in E04 Tuesday Lunchtime 12:55pm - 13:35pm and Thursday 3:30pm - 5:00pm

STEM (Years 5 - 10): Commences From Monday February 1st

Coach: Mr G Aird

Monday & Wednesdays 7.15am-8.15am TAS Building.

SURF LIFESAVING: (as per schedule)

Coach: Mr A Wallington

Training: Tuesday and Thursdays 3.30pm-6pm in K01

Saturdays 9.30am - 12pm at Bondi Surf Club

Chess: Commences From Tuesday February 2nd

Coach: Mr K Gawman

Training: Tuesday and Thursday 7.15 - 8.15am in the College Library

Duke of Ed:

Staff: Ms G Brown and Ms M Ayre

Year 8 - Every Friday 8am in K22

Years 9-12 Fridays 8am (Week A only) in K22

Summer Track and Field: Commences From Tuesday February 2nd

Coaches: Mr P Batten & Mr M Mountfort

Training:

Sprints - Tuesday & Thursday 7am Queens Park

Throws - Tuesday & Wednesday 3:30pm Queens Park

Jumps - Monday & Thursday 3:15pm Weights Room

Distance - Monday & Wednesday 7am Weights Room

Hurdles - Monday & Thursday 3:15pm Weights Room

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Commences from Monday February 1st

Basketball Training Schedule

Convenor - Mr A Gibbs

Team	Coach	Training Day	Venue
1 st V	Mr. M. Johnston Mr. L. Smith-Hyde	Monday 6:30am-8:15am Tuesday 3:30pm-5:15pm Wednesday 7:00am-8:15am Thursday 3:30pm-5:15pm	Gym Gym Weights Room Gym
2 nd V	Mr. J. Minogue	Monday 3:30pm-5:15pm Wednesday 3:30pm-5:15pm	Gym Gym
Waverley Academy (8A/9A)	Mr. T. Giles Mr. J. Spargo	Wednesday 6:30am-8:15am Friday 6:30am-8:15am	Gym 1 Gym 1
3 rd & 4 th	Mr. H. Johansson	Monday 3:30pm-5:00pm Wednesday 3:30pm-5:00pm	TAS COLA 1 TAS COLA 1
5 th & 6 th	Mr. S. Rao	Monday 3:30pm-5:00pm Thursday 3:30pm-5:00pm	TAS COLA 2 TAS COLA 2
7 th & 8 th	Mr. P. Ibarra	Monday 7:00am-8:15am Wednesday 7:00am-8:15am	TAS COLA 1 TAS COLA 1
9th & 10th (Internals)	Mr. A. Brotherton	Wednesday 7:00am-8:15am Thursday 7:00am-8:15am	Wav Park MPC1 Wav Park MPC1
11th & 12th (Internals)	Mr. S. Tam	Wednesday 7:00am-8:15am Thursday 7:00am-8:15am	Wav Park MPC1 Wav Park MPC1

10A&B	Mr. D. Thompson	Tuesday 7:00am-8:15am Thursday 7:00am-8:15am	Gym 1 Gym 1
10C&D	Mr. R. Lewis	Tuesday 7:00am-8:15am Thursday 7:00am-8:15am	Gym 2 Gym 2
10E&F	Mr. M. Harmanis	Tuesday 7:00am-8:15am Thursday 7:00am-8:15am	TAS COLA 2 Wav Park MPC2
10G&H	Mr. F. Mergler	Tuesday 7:00am-8:15am Thursday 7:00am-8:15am	Ludlow Rings Wav Park MPC3
9B	Mr. J. Spargo	Wednesday 7:00am-8:15am Friday 7:00am-8:15am	Gym 2 Gym 2
9C&D	Mr. M. Josen	Wednesday 7:00am-8:15am Thursday 7:00am-8:15am	TAS COLA 2 TAS COLA 2
9E&F	Mr. D. Hatziandreou	Tuesday 3:30pm-5:00pm Thursday 3:30pm-5:00pm	TAS COLA 1 TAS COLA 1
9G&H	Mr. A. Backlund	Monday 7:00am-8:15am Wednesday 7:00am-8:15am	TAS COLA 2 Wav Park MPC2
8B	Mr. T. Giles	Wednesday 7:00am-8:15am Friday 7:00am-8:15am	Gym 2 Gym 2
8C&D	Mr. M. De Vecchi	Thursday 7:00am-8:15am Friday 7:00am-8:15am	TAS COLA 1 TAS COLA 1
8E&F	Mr. A. Higgins-Titsha	Tuesday 7:00am-8:15am Wednesday 7:00am-8:15am	TAS COLA 1 Wav Park MPC3
8G&H	Mr. C. Twomey	Tuesday 3:30pm-5:00pm Friday 7:00am-8:15am	TAS COLA 2 TAS COLA 2
7A&B	Mr. R. Abbott	Wednesday 3:30pm-5:00pm Friday 3:30pm-5:00pm	TAS COLA 2 Gym 1
7C&D	Mr. J. Smith	Wednesday 3:30pm-5:00pm Friday 3:30pm-5:00pm	Wav Park MPC1 Gym 2
7E&F	Mr. F. Pawle	Wednesday 3:30pm-5:00pm Friday 3:30pm-5:00pm	Wav Park MPC2 TAS COLA 1

7G&H	Mr. H. Jackson	Wednesday 3:30pm-5:00pm Friday 3:30pm-5:00pm	Wav Park MPC3 TAS COLA 2
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