

TERM 1 TRAINING SCHEDULE 2022

Tennis Training Schedule - Term 1

All training takes place on the College Tennis Courts.

(Commences from Saturday January 29th)

Team	Coach	Training Day & Time
Convenor	Mr D Edwards	
1sts - 2nds 3rds - 4ths	Mr S Day	Tuesday 3.30 – 5.00pm Thursday 3.30 – 5.00pm
5ths - 6th Internals	Mary Ryan Deanne Seamons	Tuesday 7.00-8.15am Friday 7.00-8.15am
Year 10	April Barry	Monday 3.30-5.00pm (lower courts) Thursday 7.00-8.15am
Year 9	Beth Chan	Monday 3.30-5.00pm Thursday 7.00-8.15am
Year 8	Chris Salem Valentius Wirjana	Monday 7.15-8.15am Wednesday 3.30-5.00pm
Year 7	Patrick Brennan Roger Killinsky	Monday 7.15-8.15am Wednesday 3.30-5.00pm
Junior School		Wednesday 7.15-8.15am

Cricket Training Schedule

Convenor: Mr S Picone

Commences Saturday Jan 29th

Team	Coach	Training Day	Venue
1st XI	Dan Kroll (Head Coach) Reid McNamara (Assistant)	Tuesday - 7.00am-8.15am Tuesday - 3.30-5.00pm Thursday - 3.30-5.00pm	College Nets QP Nets QP 2
2nd XI	Tyler and Dan Von Der Heyden	Tuesday – 3.30-5pm Thursday – 3.30-5pm	QP Nets QP 2
Year 10	Dan Andrews Cameron Cross (Floating Skills/Support)	Tuesday – 3.30-5pm Thursday – 3.30-5pm	QP 3 QP Nets
Year 9	9A - Leo Shanahan 9B - Udaka Biyanwila	Monday – 3.30-5pm Wednesday – 3.30-5pm Monday - 3.30-5pm Thursday - 3.30-5pm	QP2 QP Nets QP 2 College Nets
Year 8	8A - Liam Andrews 8B - Sam Tsaousis	Monday - 3.30 - 5pm Wednesday - 3.30 - 5pm	College Nets QP 3
Year 7	7A - Greg Elliott 7B - M Farneary & E Sullivan 7C - Conor Boyd-Boland	Monday - 3.30-5pm Wednesday 3.30-5.00pm	QP 3 College Nets
Skills	Cameron Cross, John McCallum,	Monday - 3.30 - 5pm Wednesday - 3.30 - 5.00pm	

Water Polo / Swim Squad Training Schedule

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

Commencing from Saturday January 29th, 2022

Team	Coach	Training Days	Time
1 st	Sam Douglas	Monday (Swim set) Wednesday	7.00 - 8.15am 7.00 - 8.15am
2nds	Cath Lipman	Monday (Swim set) Wednesday	7.00 - 8.15am 7.00 - 8.15am
16A	Riley Fallon	Wednesday Thursday	3.30-5.00pm 3.30-5.00pm
16B	Rhys Shariff	Monday Wednesday	3.30-5.00pm 3.30-5.00pm
15A	Georgia Graham	Tuesday (Swim set) Thursday	7.00 - 8.15am 7.00 - 8.15am
15B	Peter Riley	Tuesday (Swim set) Thursday	7.00 - 8.15am 7.00 - 8.15am
14A	Baxter Flynn & Byron Scott	Tuesday Thursday (Swim set)	3.30-5.00pm 7.00 - 8.15am
14B	Drew McJannett	Tuesday Thursday (Swim set)	3.30-5.00pm 7.00 - 8.15am
Year 7A Year 7B	Barry Smith Kyra Oliver	Wednesday (Swim set) Fridays	7.00 - 8.15am 3.30-5.00pm
Junior School	Alessio Imhoff James Privett	Fridays	7.15-8.15am

CAS Swimming Group: Commences From Monday January 31st

Coaches : Mr D Parnell, Mr N Nezval, & Ms N Silsby (Convenor)

Venue : College Pool

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

Tuesday & Thursday Time: 3.30 – 5.00pm

Public Speaking Commences From Wednesday February 2nd

Coaches: Ms E Halpin & Ms Melanie Stephens

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

Sailing Commences Saturday Feb 5th

Coach: Mr A Wallington

Training: Monday and Wednesday **4pm-5pm** at Woollahra Sailing Club, Rose Bay

Saturdays: **8.30-11.30am** Woollahra Sailing Club, Rose Bay

Visual Arts Club: Commences Monday Jan 31st

Coach: Ms N Oates

Training:

Mondays 3.30-4.30pm - Junior School (Years 5-6)

Tuesdays: 3.30-4.30pm - Senior School Room: C04

Weights & Fitness - Commences Monday Jan 31

Coaches : Mr P.Cornish, Mr P.Darvill, Mr L Drew-Morris, Mr J-P

Boumelhem & Mr S Coleman

Pilates: Monday mornings (all)

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

Rugby - Tuesday PM (QP 3), Tuesday AM (Weights) Wednesday PM (QP 3), Thursday AM (Weights)

(Plus other sessions designated by coaches)

Table Tennis: Commences Wednesday Feb 2

Coach: Mr P Sheehan & Mr P Masen – Gym undercroft

Training days: Wednesday 7.15-8.15am & Thursday Time: 7.15-8.15am

Saturdays – 9.00am - 10.00am

Diving: Commences Saturday Jan 29

Coach : Mrs K Knowles

Training Days : Tuesdays Lunch & Saturdays 8.00am-9.00am

Yoga: Commences Tuesday Feb 1

Coaches : Mr Y Vignes & Mr S Mulgrew

Training Days : **Tuesdays and Thursdays - 3.30-5.00pm E40's**

Saturdays - Weights Room - 8.00am

Study Groups: Commences From Monday February 1st

Staff:

Literacy: TBA

Numeracy: Ms P Guirguis

Library staff: Mr S Falkinder and Mr W Roberts

Monday – Year 10 only 3.30 – 4.45pm Room: Library

Tuesday - Year 7 only 3.30 – 4.45pm Room: Library

Wednesday - Year 9 only 3.30 – 4.45pm Room: Library

Thursday - Year 8 only 3.30 – 4.45pm Room: Library

Touch Footy: Commences Saturday Jan 29

Convenor: Mr Phil Shepherd

Venue : Queen's Park 7 - 9

Training Days :

Opens - Tuesdays and Thursdays: 3.30 - 5.00pm
(P. Shepherd & R Smith)

Year 10 - Tuesdays and Thursdays: 3.30 - 5.00pm
(E. Davis, J Tomasiello & B Steel)

Year 9 - Mondays and Wednesdays: 3.30 - 5.00pm
(B Gordon, H Atkins & **TBA**)

Year 8 - Mondays and Wednesdays: 3.30 - 5.00pm
(T Jaeger, S Harianto, T Kelleher)

Year 7- Mondays and Wednesdays: 3.30-5.00pm
(R. Schocher, C O'Donnell, L. Smith)

Mountain Biking: Commences Tuesday Feb 1

Coaches : Mr S Moylett & M B Wasef

Training Days : Tuesday & Thursday

Tuesday : Centennial Park & Queens Park

Time: 3.30 –5.00pm

Thursday: Centennial Park & Queens Park

Time: 3.30 –5.00pm

Judo: Commences Monday Jan 31

Coaches : Ms B McCarthy & Mr K Frankowski

Venue : W 34/5

Training Days : Mondays (Years 7-9) and Wednesdays (Years 10-12) 3.30-5.00pm

Saturdays: 8.45am - 10.00am

Fitness Group: Commences Tuesday Feb 1

Coach: Mr R Chen & Ms H Medcalf

Tuesdays - 6.30am - Meet in weights room

Thursdays - 6.30am - Meet in weights room

Saturdays - 6.30am - Meet in weights room

Summer Cross Country: Commences Tuesday Feb 1

Coach: Mr N Brophy & Mr A Talbot

Tuesdays - 3.30-5.00pm - QP

Thursdays - 3.30-5.00pm - QP

Saturdays - 9.00am - Centennial Park

STEM - T04: Commences Monday Jan 31

Coach: Mr A Kaddoura

Monday 7.15am-8.15am TAS Building.

Wednesday 7.15am-8.15am TAS Building.

SURF LIFESAVING: - will not be offered this season due to Covid

Chess: Commences Tuesday Feb 1

Coach: Mr D Lin

Training: Tuesday 7.15 - 8.15am: Library & Thursday 7.15 - 8.15am: Library

Fridays: 4.30pm - CAS Competitions

Duke of Ed: TBA

Summer Track And Field: Commences Tuesday Feb 1

Sprints - Tuesday & Thursday 7am Queens Park

Throws - Tuesday & Wednesday 3:30pm Queens Park

Cadets:

All of Year 9 plus other members of the unit

Fridays 3.30-5.30pm

Location: Centenary Quad

BASKETBALL: Commences Saturday Jan 29

Team	Coach	Days	Time	Venue
1st	Mr. Matthew Johnston Mr. Linden Smith-Hyde	Monday (+HP) Tuesday Wednesday Thursday	3:30-5:15pm 3:30-5:15pm 6:30-8:15am 3:30-5:15pm	Gym Gym W&F Gym
2nd	Mr. James Spargo Mr. James Minogue	Tuesday Wednesday Wednesday	3:30-5:15pm 6:30-8:15am 3:30-5:15pm	Gym W&F Gym
3rd/4th	Mr. Haydn Johansson	Thursday Friday	7:00am-8:15am 7:00am-8:15am	TAS COLA 1 Gym 1
5th/6th	Mr. Andrew Sexton	Wednesday Thursday	7:00am-8:15am 7:00am-8:15am	TAS COLA 1 TAS COLA 2
7th/8th	Mr. Awadis Makasian	Monday Wednesday	3:30pm-5:15pm 3:30pm-5:15pm	TAS COLA 2 Wav Park MPC 1
9th/10th	Mr. Alex Farfan	Monday Wednesday	7:00am-8:15am 7:00am-8:15am	TAS COLA 2 Wav Park MPC 3
11th/12th (Internals)	Mr. Dean Savitt	Wednesday Friday	7:00am-8:15am 7:00am-8:15am	Wav Park MPC 2 TAS COLA 2
10A/B	Mr. Damien Thompson	Monday Wednesday	7:00am-8:15am 3:30pm-5:15pm	Gym 1 Gym 2
10C/D	Mr. Miguel Joson	Tuesday Thursday	3:30pm-5:15pm 3:30pm-5:15pm	TAS COLA 1 TAS COLA 1
10E/F	Mr. Jake Hyman	Wednesday Thursday	7:00am-8:15am 7:00am-8:15am	TAS COLA 1 Wav Park MPC 3
10G/H	Mr. Kaige McLauchlin	Tuesday Thursday	3:30pm-5:15pm 7:00am-8:15am	TAS COLA 2 Wav Park MPC 1
9A/8A (Waverley Academy)	Mr. Tom Kennedy Mr. Kyle Goulding Mr. Ed Smith (8A)	Tuesday Thursday	6:30am-8:15am 6:30am-8:15am	Gym 1 Gym 1
9C/D	Mr. Alex Higgins-Titsha	Wednesday Thursday	3:30pm-5:15pm 3:30pm-5:15pm	TAS COLA 1 TAS COLA 2
9E/F	Mr. Seb Rao	Tuesday	7:00am-8:15am	TAS COLA 1

		Thursday	7:00am-8:15am	Wav Park MPC 2
9G/H	Mr. Jarrod Katsillis	Wednesday Friday	7:00am-8:15am 7:00am-8:15am	Wav Park MPC 1 TAS COLA 1
8B/9B	Mr. Tom Kennedy Mr. Kyle Goulding Mr. Ed Smith (8B)	Tuesday Thursday	7:00am-8:15am 7:00am-8:15am	Gym 2 Gym 2
8C/D	Mr. Fred Pawle	Monday Friday	7:00am-8:15am 7:00am-8:15am	Gym 2 Gym 2
8E/F	Mr. Heath Jackson	Monday Wednesday	3:30pm-5:15pm 3:30pm-5:15pm	TAS COLA 1 Wav Park MPC 3
8G/H	Mr. Will Hoffman	Monday Wednesday	7:00am-8:15am 3:30pm-5:15pm	TAS COLA 1 Wav Park MPC 2
7A/B	Mr. Charles Harris	Wednesday Friday	7:00am-8:15am 3:30pm-5:15pm	Gym 1 Gym 1
7C/D	Ms. Jenna Turnbull	Wednesday Friday	7:00am-8:15am 3:30pm-5:15pm	Gym 2 Gym 2
7E/F	Mr. Conor Carr	Tuesday Friday	7:00am-8:15am 3:30pm-5:15pm	TAS COLA 2 TAS COLA 1
7G/H	Mr. Clochan Twomey	Wednesday Friday	3:30pm-5:15pm 3:30pm-5:15pm	TAS COLA 2 TAS COLA 2