

# Sport Practice Schedules 2022 - Term 1

Turning black and white into gold



## Aquatics

JeppeSport

	06:30-07:15 AM	14:30-16:00	16:00-17:30	
<b>MONDAY</b>	1ST & U16A POOL SESSION SWIMMING PRACTICE (FULL CLUB)	U14 & U15 GYM 1ST & U16A POOL SESSION	U14AB/U15AB POOL 1ST SQUAD GYM	
<b>TUESDAY</b>	06:15-07:00 AM 1ST SQUAD GYM SWIMMING PRACTICE (FULL CLUB)	14:30-15:00 SWIMMING PRACTICE 1ST SQUAD GYM	15:00 - 16:00 U14A & U15A ONLY POOL 1ST SQUAD GYM	16:00 -18:00 1ST & U16A POOL SESSION U16B / 2NDS / 3RDS POOL
<b>WEDNESDAY</b>	06:00-07:00 AM OPENS GYM	14:00-15:30 SWIMMING GALA	15:30-17:30 SWIMMING GALA	OPTIONAL TRAINING (TBA)
<b>THURSDAY</b>	06:30-07:15 AM SWIMMING PRACTICE (FULL CLUB)	14:30-15:25 U14 & U15 GYM U16B / 2NDS / 3RDS POOL	15:25-16:10 ALL U14 & U15 POOL 1ST SQUAD GYM	16:10-18:00 1ST & U16A POOL SESSION
<b>FRIDAY</b>	06:00-07:00 AM 1ST SQUAD GYM	14:30-15:15 ALL U14 & U15 POOL	15:15-16:00 1ST & U16A POOL SESSION	
<b>SATURDAY</b>	FIXTURES			
<b>1ST TEAM TRAINING SQUAD IS EXPECTED TO MAKE A MINIMUM OF THREE GYM SESSIONS A WEEK.</b> <b>1ST SQUAD GYM IS AT THE MAIN SCHOOL GYM</b>				
MONDAYS AND WEDNESDAYS ARE JUNIOR COMPULSORY DAYS HOWEVER, BOYS NEED TO MAKE AS MANY SESSIONS AS POSSIBLE.				

## Basketball

JeppeSport

DAY	TIME	TOP LEFT COURTS	TOP LEFT COURTS	TOP RIGHT COURTS	TOP RIGHT COURTS	SABLE COURT	SABLE COURT	GYM/THEORY/CONDITIONING
<b>MONDAY</b> (Juniors)	14:30-16:00	U15A/B	U15A/B	U15C/D	U15C/D	U15E	U15E	1STS & 2NDS
	16:00-17:30	U14A/B	U14A/B	U14C/D	U14C/D	U14E	U14E	
<b>TUESDAY</b> (Seniors)	14:30-16:00	1STS		2NDS/3RDS	2NDS/3RDS	U16A/B	U16A/B	
	16:00-17:30	FREE		FREE		U16C/D	U16C/D	
<b>WEDNESDAY</b> (Juniors)	13:45-15:30	U14A/B	U14A/B	U14C/D	U14C/D	U14E	U14E	1STS & 2NDS
	15:30-17:00	U15A/B	U15A/B	U15C/D	U15C/D	U15E	U15E	
<b>THURSDAY</b> (Seniors)	14:30-16:00	1STS		2NDS/3RDS	2NDS/3RDS	U16A/B	U16A/B	
	16:00-17:30	FREE		FREE		U16C/D	U16C/D	
<b>FRIDAY</b> (Captains run)	14:30-16:00	1STS		U16A	U16A	U14A	U15A	FREE
	16:00-17:30	FREE		FREE		FREE		
<b>SATURDAY</b>	08:00-END	FIXTURES						

## Cricket

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		PITCHES						NETS				INDOOR CENTRE	
		TOP MIDDLE	MARSHALL OVAL	MITCHLEY OVAL	BOTTOM OVAL	MITCHLEY 1/2	MITCHLEY 3/4	NORMAN 1/2	NORMAN 3/4	ASTRO 1/2	ASTRO 3/4	INDOOR 1/2	INDOOR 3/4
<b>MONDAY</b>	14:45-16:15		15B	14A		15C	15D	15E		14E	14F		
	16:15-17:45		14B	15A		14C	14D						
<b>TUESDAY</b>	14:45-16:15		16B	3RD	2ND			4TH	5TH	16C	16D		
	16:15-17:45			16A	1ST			14D	15C				
<b>WEDNESDAY</b>	13:45-15:15					15A	15B			15E			
	15:15-16:45					14A		14C	14B	14E	14F		
<b>THURSDAY</b>	14:45-16:15					1ST	2ND	3RD	16B	16C	16D		
	16:15-17:45					1ST	16A	5TH	4TH				
<b>FRIDAY</b>	14:45-16:15		16A/B	15A/B	14A/B								
	16:15-17:45	FIELDING	FIELDING	FIELDING	FIELDING	1STS/2NDS							

INDOOR NETS TO BE USED IN THE EVENT OF LIGHTNING STRIKES AND PRIORITY WILL BE GIVEN TO THE TOP TEAMS PER AGE GROUP ON THAT SPECIFIC DAY.  
 IN THE EVENT OF YOUR MIDDLE SESSION HAVING TO BE USED FOR A MIDWEEK FIXTURE -  
 YOU WILL BE ASKED TO MOVE TO EITHER THE INDOOR CENTRE OR OTHER AVAILABLE NETS ON THAT DAY

DAY	ACTIVITY	TIME
MONDAY	MATCHES	14:30
THURSDAY	PRACTICE	14:30
MEET AT THE BUS.		



DAY	TIME	AGE GROUP
MONDAY	RACES	
TUESDAY	14:30-16:00	JUNIORS
	16:00-17:00	SENIORS
THURSDAY	14:30-16:00	SENIORS
	16:00-17:00	JUNIORS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ACADEMY	OFF	OFF	ERGO 15:00-16:00	OFF	ERGO 16:00-17:00	OFF	OFF
U14 NOVICE	OFF	OFF	ERGO 13:20-15:00	ERGO 16:00-17:15	OFF	VLC 10:00-13:00	VLC 08:30-12:00
U14 EXPERIENCE	OFF	OFF	ERGO 13:20-15:00	VLC	OFF	VLC 08:30-10:00	RUN (OWN TIME)
U15	OFF	OFF	VLC	VLC	ERGO 14:30-16:00	VLC 07:00-08:30	OFF
U16 (AM)	OFF	OFF	OFF	OFF	RUN	VLC 07:00-08:30	OFF
U16 (PM)	OFF	OFF	GYM 14:00-16:00	ERGO 14:30-16:00	VLC	OFF	OFF
U19 (AM)	OFF	OFF	GYM 05:00-07:00	ERGO 05:00-07:00	RUN	VLC 07:00-08:30	OFF
U19 (PM)	OFF	OFF	VLC	VLC	VLC	OFF	OFF
SCHEDULE IS SUBJECT TO CHANGE. PLEASE CONTACT MR MOORE.							



DAY	TEAMS	ACTIVITY	TIME	TRANSPORT
MONDAY	ALL	PRACTICE	15:00	SABLE HILL AT 14:50
	2NDS & 3RDS	MATCHES	15:00	SABLE HILL AT 14:50
WEDNESDAY	ALL	PRACTICE	14:00	SABLE HILL AT 13:50
FRIDAY	1STS	PRACTICE	15:00	SABLE HILL AT 14:50
		MATCHES	15:00	SABLE HILL AT 14:50