

Talented Sports Program Training Schedule 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 7.30-8.30am (7.20 arrival)	Years 9-12 <b>Football</b> GIRLS Field  Year 9 -12 <b>League / 7s</b> GIRLS Field  Year 7 & 8 <b>League / 7s</b> BOYS Field	Year 7 – 10 <b>League / 7s</b> GIRLS S&C	Year 9 & 10 <b>Football</b> BOYS Field  Year 9 &10 <b>League / 7s</b> BOYS S&C  Years 7 – 12 <b>Surfing</b> Beach	Years 9 &10 <b>Football</b> S&C  Year 9-12 <b>Netball</b> Court  Years 7-10 <b>Basketball</b> S&C	Year 7 & 8 <b>Football</b> S&C  Year 11&12 <b>Football</b> BOYS Field
During School		Years 7 – 10 <b>All TSP Sports</b> Periods 1 & 2 Field  Year 11-12 <b>All TSP Sports</b> Periods 1 & 2 S&C Gym (TBC off site / school gym)  *****  Selected Students* <b>Rehab / Individual Athlete Planning</b> Period 3 & 4	Year 7 & 8 <b>All TSP Sports</b> Period 1 & 2  *****  Years 11 & 12 <b>All TSP Sports</b> Period 3 & 4 (Optional for Yr12)		
After School  Note: Thursday session 2.10-3pm unless stated otherwise	Years 9 & 10 <b>League / 7s</b> BOYS Field 3.00-4.30pm			Year 7-10 <b>Netball</b> S&C  Year 7-12 <b>Basketball</b> Court  Years 7-12 <b>Surfing &amp; Skateboarding</b> S&C  Years 11 & 12 <b>League / 7s</b> BOYS Field 2.10 - 4.00pm	

\* For rehab sessions, students need to provide a physio certificate to TSP Athlete Wellbeing Coordinator (A. Kriesler) who will organise rehab programming alongside S&C coaches. For individual athlete planning, students are selected by Director of Sport (A. Juric) to work through individual goal setting, video analysis and development plan