



Before/Afterschool Training Schedules – Term 4, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Shotput & Discus 3-4pm Oval Mr Warren Galligan	Cross Training & Fitness 6.45am-7.30am O Block - Tuckshop Mr Michael Aitken	Javelin 3-4pm Oval Mr Warren Galligan	Cross Training & Fitness 6.45am-7.30am O-Block - Tuckshop Mr Michael Aitken	
Netball JSS Team Training Years 8-9 O Block from 3-4pm Ms Anna Harris	Hammer Throw 3-4pm Oval Warren Galligan		Shotput & Discus 3-4pm Oval Mr Warren Galligan	
JSS Volleyball Squad Years 7-9 O Block from 2.45pm - 4.00pm Mr Steve Hofmeister & Mr Zane Dockray			JSS Basketball Training Year 8/9 Boys and Girls Ms Demi Wollin O-Block (3-4pm)	
JSS Touch Footy Training Years 8/9 Boys and Girls Bottom Ovals Mr King and Mr O'Farrell 2.50pm – 3.50pm				

Please note that dates of individual events may be subject to change. Dates current as at 18 October 2018