

Athletics Training Schedule 2025

Time: Tuesday and Thursday 7:00-8:00am

All events on both Tuesday and Thursday

- Distance, Sprints, Hurdles, High Jump, Long Jump and Throws
- Please arrive just before 7:00am so you can take your attendance and assist with any equipment that needs setting up with coaches

2025 Coaches

Sprints Jessica Pillera

Hurdles Lyn Foreman / Leila Barker (Alumni 23)

Distance: Campbell Tirant

Throws Tim Lyons (Discus and Shot Put)

Throws Leila Barker (Javelin)

High Jump: Zahra Amos

Long Jump

Week	Monday	Tuesday	Wednesday	Thursday	Friday
8	16/6	17/6 Session 1	18/6	19/6 Session 2	20/6
9	23/6	24/6 Session 3	25/6	26/6 Session 4	27/6
10	30/6	1/7 Session 5	2/7	3/7 Session 6	4/7 Year 7 Pre- Carnival Events (Period 3-6)
	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS
1	21/7 NO TRAINING	22/7	23/7 NO TRAINING	24/7 Session 7	25/7
2	28/7	29/7 Session 8	30/7	31/7 Session 9	1/8 Inter-House Athletics Carnival 🏆 HBF Athletics Stadium
3	4/8	5/8 Session 10	6/8 NAS Team Announced 🇬🇧	7/8 Session 11	8/8 John XXIII Day 🎉
4	11/8	12/8 Session 12	13/8	14/8 Session 13	15/8

			Draft ACC Athletics Team Announced 		
5	18/8	19/8 Session 14	20/8	21/8 Session 15	22/8
6	25/8 <i>Pupil Free Day</i>	26/8 NAS Athletics Carnival P3-6 7-10 Challenge HBF Athletics Stadium NO TRAINING	27/8	28/8 Throws & 1500m - Challenge Morning Year 7-12 @ JTC Ovals Session 16 - All other events still training	29/8 Track events 800,400,200,100, Hurdles Long jump/High Jump Final Year 7-12 Challenge Morning HBF Athletics Stadium 6:30-7:45am Final ACC Team Announced 
7	1/9	2/9 Session 17	3/9	4/9 – Session 18 ACC Squad Training HBF Athletics Stadium All events Compulsory Session for team 6:30-7:45am	5/9
8	8/9	9/9 Session 19	10/9	11/9 Session 20	12/9
9	15/9 ACC Team Training @ College Ovals - All events – 6:45am-7:45am Team Breakfast SLSC – 8:00-8:50am Relay training Period 5 and 6	16/9 NO TRAINING	17/9 ACC A' Division Carnival 😊		