

## Cross Country Training Schedule 2025

**Time:** Tuesday and Thursday mornings. Meet in the Pavilion: 6.50am. Training: 7.00-8.00am

**Location:** Some sessions will be at offsite locations as outlined below. The group will leave together from JTC, do not meet at the venue. If you are late arriving to school, there will always be a group running on the ovals that you can join. Any program changes will be communicated in the SEQTA notices.

**Head Coach:** Mr Tremayne

| Week            | Monday                                 | Tuesday  | Wednesday   | Thursday   | Friday   |
|-----------------|--|--|---|--|--|
| 8               |  | <b>25/3 - Session 1</b><br><i>College Ovals</i>  |   | <b>27/3 - Session 2</b><br><i>College Ovals</i>                                      |  |
| 9               |  | <b>1/4 - Session 3</b><br><i>UWA Sports Park</i>   |   | <b>3/4 - Session 4</b><br><i>College Ovals</i>                                       |  |
| 10              |  | <b>8/4 - Session 5</b><br><i>Boys-Lake Claremont</i><br><i>Girls-College Ovals</i>   |   | <b>10/4 - Session 6</b><br><i>Boys-College Ovals</i><br><i>Girls-Lake Claremont</i>  |  |
| <b>HOLIDAYS</b> |  |  |   |  |  |
| Week            | Monday                                 | Tuesday  | Wednesday   | Thursday   | Friday   |
| 1               | <b>28/4</b><br>Staff PL Day            | <b>29/4 - Session 7</b><br><i>College Ovals</i>  |   | <b>1/5 - Session 8</b><br>Course Trial<br><i>College Ovals</i>                       |  |
| 2               |  | <b>6/5 - Session 9</b><br>Course Trial<br><i>College Ovals</i>   |   | <b>8/5 - Session 10</b><br><i>College Ovals</i>                                      | <b>9/5</b><br>Interhouse Cross<br>Country Carnival<br><i>College Ovals</i> |
| 3               |  | <b>13/5 - Session 11</b><br><i>Boys-Lake Claremont</i><br><i>Girls-College Ovals</i>   |   | <b>15/5 - Session 12</b><br><i>Boys-College Ovals</i><br><i>Girls-Lake Claremont</i> |  |
| 4               |  | <b>20/5 - Session 13</b><br>Challenge morning<br><i>College Ovals</i>  | <b>21/5</b><br>SSWA &<br>Senior ACC Team<br>Announced | <b>22/5 - Session 14</b><br><i>UWA Sports Park</i>                                   |  |
| 5               |  | <b>27/5 - Session 15</b><br>Compulsory Team<br>Training<br><i>Alderbury Reserve</i>  |   | <b>29/5</b><br>SSWA Cross Country<br>Carnival (Years 7-10)<br><i>UWA Sports Park</i> | <b>30/5</b><br>Full ACC Team<br>Announced                                  |
| 6               | <b>2/6</b><br>WA Day<br>Public Holiday | <b>10/6 - Session 17</b><br>Final Team Training<br><i>College Ovals</i><br>3:30pm-4:30pm<br><br>Team Dinner<br>5:00pm-6:15pm |   | <b>5/6</b><br>ACC Cross Country<br>Carnival<br><i>Alderbury Reserve</i>              |  |