

Athletics Training Schedule 2026

Training Days:

- Monday 3:30-4:30pm (every second Monday High Jump, Hurdles and Throws)
- Tuesday and Thursday 7:00-8:00am (All events)

Please arrive just before training commences so you can take your attendance and assist with any equipment that needs setting up with coaches.

2026 Coaches

Sprints – Ms Bowen, Mrs Pillera	Hurdles – Lyn Foreman – Tuesday Leila Barker – Thursday	High Jump – Ella Adams
Distance – Mr Tremayne/Mr Rycroft	Throws Shot/Discus– Tim Lyons Javelin – Jonah Burns	Long Jump – Mia Mather

Week	Monday	Tuesday	Wednesday	Thursday	Friday
9	15/6 Session 1 3:30-4:30pm Throws HJ Hurdles	16/6 Session 2	17/6	18/6 Session 3	19/6
10	22/6	23/6 Session 4	24/6	25/6 Session 5	26/6 Year 7 Pre- Carnival Events (Period 3-6)
11	29/6 Session 6 3:30-4:30pm Throws HJ Hurdles	30/6 Session 7	1/7	2/7 Session 8	1/7
	HOLIDAYS Monday	HOLIDAYS Tuesday	HOLIDAYS Wednesday	HOLIDAYS Thursday	HOLIDAYS Friday

1	20/7	21/7 NO TRAINING	22/7	23/7 Session 9	24/7
2	27/7 Session 10 3:30-4:30pm College Ovals Throws HJ Hurdles	28/7 Session 11	29/7	30/7 Session 12	31/7 Inter-House Athletics Carnival 🏆 WA Athletics Stadium
3	3/8	4/8 Session 13	5/8 Draft ACC and NAS Teams Announced 🏠	6/8 Session 14	7/8 <i>John XXIII Day</i> 🎉
4	10/8 Session 15 @ WA Athletics Stadium 3:30- 4:30pm Throws HJ Hurdles	11/8 Session 16	12/8	13/8 Track events 800,400,200,100, Hurdles Long jump/High Jump Final Year 7-12 Challenge Morning HBF Athletics Stadium 6:30-7:45am	14/8
5	17/8	18/8 Session 18	19/8	20/8 Throws & 1500m - Challenge Morning Year 7-12 @ JTC Ovals Session 20 - All other events still training	21/8
6	24/8 Pupil Free Day	25/8 NO TRAINING NAS Athletics Carnival P3-6 7-10 Challenge HBF Athletics Stadium	26/8	27/8 Session 20	28/8 Final ACC Team Announced 📢

7	31/8 Session 21 @ WA Athletics Stadium 3:30- 4:30pm Throws HJ Hurdles	1/9 Session 22	2/9	3/9 – Session 23 ACC Squad Training HBF Athletics Stadium All events Compulsory Session for team 6:30-7:45am	4/9
8	7/9	8/9 Session - 24 ACC Squad Training HBF Athletics Stadium All events Compulsory Session for team 6:30-7:45am	9/9	10/9 Session 25	11/9
9	14/9 ACC Team Training @ College Ovals - All events – 6:45am-7:45am Team Breakfast SLSC – 8:00- 8:50am Relay training Period 5 and 6	15/9 NO TRAINING	16/9 ACC A' Division Carnival 😊		