

TERM 2 SEMPER SQUAD



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Swimming <ul style="list-style-type: none"> Pool 7.30am Miss Burgess Miss Douglas 	Athletics/XC <ul style="list-style-type: none"> Oval 7.30am Miss Edwards Mr Bonfadini 	Badminton <ul style="list-style-type: none"> Stadium 7.30am Mr Edleston 	Strength and Conditioning <ul style="list-style-type: none"> Gym 7.30am Mr Sutcliffe 	Basketball <ul style="list-style-type: none"> Stadium 7.30am Mr Cook
			Netball <ul style="list-style-type: none"> Stadium 7.30am Mrs Bednarz 	
		Rowing <ul style="list-style-type: none"> Gym 7.30am Mrs Hunter 	Athletics/XC <ul style="list-style-type: none"> Oval 7.30am Mr Burt 	

- Please ensure you join our FRANKSTON HIGH SCHOOL SPORTS Page as this is where we will post Semper Squad updates and photos
- We train in all weather conditions as we have inside facilities available
- All students who pay the yearly Semper Squad fee will also receive a training top (Families with a healthcare card please contact the Finance Office)
- There will be a timetable released at the start of each term
- If you are yet to collect a Semper Squad form, they are available from the General Office, Facebook Page or Sports Office
- Breakfast will be provided after each session (cereal and juice)