

TERM 1

TERM 2

TERM 3

TERM 4

ATHLETE DEVELOPMENT PROGRAM – SELECT YEAR 8 TO 12 STUDENTS ONLY (This training program runs all year) | Weekly strength and conditioning training sessions | Perth College Sports Pavilion

HOUSE ROWING REGATTA	HOUSE CROSS COUNTRY CARNIVAL	IGSSA ATHLETICS	HOUSE SWIMMING CARNIVAL
YEARS 9 – 12 House Carnival Perth College Boatshed	YEARS 7 – 12 House Carnival (Location TBC)	YEARS 7 – 12 Weekly training sessions and interschool carnival Perth College Oval and WA State Athletics Track	YEARS 7 – 12 House Carnival
IGSSA SWIMMING YEARS 7 – 12 Weekly training sessions and interschool carnival Perth College Swimming Pool (training) Perth High Performance Centre (carnival)	HOUSE ATHLETICS CARNIVAL YEARS 7 – 12 House Carnival WA State Athletics Track	IGSSA SOCCER YEARS 7 – 12 Weekly training sessions and afternoon interschool fixtures Various locations	IGSSA CRICKET YEARS 7 – 12 Weekly training sessions and interschool fixtures Various locations
IGSSA AFL YEARS 7 – 12 Weekly training sessions and afternoon interschool fixtures Various locations	IGSSA CROSS COUNTRY YEARS 7 – 12 Weekly training sessions and interschool carnival Yokine Reserve, Hamer Park Reserve and Alderbury Reserve	IGSSA BASKETBALL YEARS 7 – 12 Weekly training sessions and afternoon interschool fixtures Various locations	IGSSA SOFTBALL YEARS 7 – 12 Weekly training sessions and interschool carnival day Various locations
IGSSA VOLLEYBALL YEARS 7 – 12 Weekly training sessions and afternoon interschool fixtures Various locations	IGSSA NETBALL AND HOCKEY YEARS 7 – 12 Weekly training sessions and afternoon interschool fixtures Various locations	PERTH COLLEGE NETBALL ACADEMY PROGRAM YEARS 7 – 12 Weekly training sessions and community sport competition Perth College Courts and Matthews Netball Centre	IGSSA WATER POLO YEARS 7 – 12 Weekly training sessions and interschool fixtures Carnival day for Years 10 – 12 Various locations
IGSSA ROWING YEARS 9 – 12 Weekly training sessions Perth College Boatshed	IGSSA ROWING YEARS 9 – 12 Weekly training sessions and interschool regattas Perth College Boatshed (training) Champion Lakes (regattas)	FITNESS CLUB PROGRAM (CIRCUIT TRAINING) YEARS 7 – 12 Weekly training sessions (parents invited) Perth College Sports Pavilion	IGSSA TENNIS YEARS 7 – 12 Weekly training sessions and interschool carnival day Various locations
IGSSA BADMINTON YEARS 11 & 12 Weekly training sessions and interschool carnival evening Perth College Gymnasium (training) MLC (carnival)	PERTH COLLEGE NETBALL ACADEMY PROGRAM YEARS 7 – 12 Weekly training sessions and community sport competition Perth College Courts (training) Matthews Netball Centre (games)	SWIM SQUAD PROGRAM YEARS 7 – 12 Weekly squad training sessions Chisholm College Swimming Pool	LEARN TO ROW PROGRAM YEAR 8 Weekly training sessions only Perth College Boatshed
FITNESS CLUB PROGRAM (RUNNING) YEARS 7 – 12 Weekly training sessions (parents invited) Perth College Oval	FITNESS CLUB PROGRAM (CIRCUIT TRAINING) YEARS 7 – 12 Weekly training sessions (parents invited) Perth College Sports Pavilion	WA VOLLEYBALL JUNIOR LEAGUE PROGRAM YEARS 7 – 12 Weekly training sessions and community sport competition Perth College Gymnasium and various locations	FITNESS CLUB PROGRAM (RUNNING) YEARS 7 – 12 Weekly training sessions (parents invited) Perth College Oval
SWIM SQUAD PROGRAM YEARS 7 – 12 Weekly squad training sessions Perth College and Chisholm College Swimming Pool	SWIM SQUAD PROGRAM YEARS 7 – 12 Weekly squad training sessions Chisholm College Swimming Pool	IGSSA GOLF YEARS 7 – 12 One-day tournament Various locations	SWIM SQUAD PROGRAM YEARS 7 – 12 Weekly squad training sessions Perth College and Chisholm College Swimming Pool
	WA VOLLEYBALL JUNIOR LEAGUE PROGRAM YEARS 7 – 12 Weekly training sessions and community sport competition Perth College Gymnasium (training) Various locations (competitions)		IGSSA BADMINTON YEARS 9 & 10 Weekly training sessions and interschool carnival Perth College Gymnasium