

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
YEARS 9 – 12 House Carnival Perth College Boatshed
IGSSA SWIMMING
YEARS 7 – 12 Weekly training sessions and interschool carnival Perth College Swimming Pool (training) Perth High Performance Centre (carnival)
IGSSA AFL
YEARS 7 – 12 Weekly training sessions and afternoon interschool fixtures Various locations
IGSSA VOLLEYBALL
YEARS 7 – 12 Weekly training sessions and afternoon interschool fixtures Various locations
IGSSA ROWING
YEARS 9 – 12 Weekly training sessions Perth College Boatshed
IGSSA BADMINTON
YEARS 11 & 12 Weekly training sessions and interschool carnival evening Perth College Gymnasium (training) MLC (carnival)
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

HOUSE CROSS COUNTRY CARNIVAL
YEARS 7 – 12 House Carnival (Location TBC)
HOUSE ATHLETICS CARNIVAL
YEARS 7 – 12 House Carnival WA State Athletics Track
IGSSA CROSS COUNTRY
YEARS 7 – 12 Weekly training sessions and interschool carnival Yokine Reserve, Hamer Park Reserve and Alderbury Reserve
IGSSA NETBALL AND HOCKEY
YEARS 7 – 12 Weekly training sessions and afternoon interschool fixtures Various locations
IGSSA ROWING
YEARS 9 – 12 Weekly training sessions and interschool regattas Perth College Boatshed (training) Champion Lakes (regattas)
PERTH COLLEGE NETBALL ACADEMY PROGRAM
YEARS 7 – 12 Weekly training sessions and community sport competition Perth College Courts (training) Matthews Netball Centre (games)
FITNESS CLUB PROGRAM (CIRCUIT TRAINING)
YEARS 7 – 12 Weekly training sessions (parents invited) Perth College Sports Pavilion
SWIM SQUAD PROGRAM
YEARS 7 – 12 Weekly squad training sessions 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 ATHLETICS
YEARS 7 – 12 Weekly training sessions and interschool carnival Perth College Oval and WA State Athletics Track
IGSSA SOCCER
YEARS 7 – 12 Weekly training sessions and afternoon interschool fixtures Various locations
IGSSA BASKETBALL
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
FITNESS CLUB PROGRAM (CIRCUIT TRAINING)
YEARS 7 – 12 Weekly training sessions (parents invited) Perth College Sports Pavilion
SWIM SQUAD PROGRAM
YEARS 7 – 12 Weekly squad training sessions Chisholm College Swimming Pool
WA VOLLEYBALL JUNIOR LEAGUE PROGRAM
YEARS 7 – 12 Weekly training sessions and community sport competition Perth College Gymnasium and various locations
IGSSA GOLF
YEARS 7 – 12 One-day tournament Various locations

HOUSE SWIMMING CARNIVAL
YEARS 7 – 12 House Carnival Perth High Performance Centre
IGSSA CRICKET
YEARS 7 – 12 Weekly training sessions and interschool fixtures Various locations
IGSSA SOFTBALL
YEARS 7 – 12 Weekly training sessions and interschool carnival day Various locations
IGSSA WATER POLO
YEARS 7 – 12 Weekly training sessions and interschool fixtures Carnival day for Years 10 – 12 Various locations
IGSSA TENNIS
YEARS 7 – 12 Weekly training sessions and interschool carnival day Various locations
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
SWIM SQUAD PROGRAM
YEARS 7 – 12 Weekly squad training sessions Perth College and Chisholm College Swimming Pool
IGSSA BADMINTON
YEARS 9 & 10 Weekly training sessions and interschool carnival Perth College Gymnasium