

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

TERM 1		TERM 2		TERM 3		TERM 4	
HOUSE SWIMMING CARNIVAL	YEARS 4 – 6 Perth College Swimming Pool	HOUSE CROSS COUNTRY CARNIVAL	YEARS 3 – 6 House carnival (Location TBC)	JIGSSA WINTER GAMES DAY(S) INTERSCHOOL CARNIVALS	YEARS 3 AND 4 ONLY Year 3 Sports: Basketball, Gymnastics, Hockey, Netball, Rugby, Spike Zone Year 4 Sports: AFL, Netball, Soccer Various locations	HOUSE ATHLETICS CARNIVAL	KINDERGARTEN – YEAR 6 House Carnival Inglewood Little Athletics Club
JIGSSA SWIMMING	YEARS 4 – 6 Weekly training sessions and interschool carnival Perth College Swimming Pool and Perth High Performance Centre	JIGSSA WINTER GAMES DAY(S) INTERSCHOOL CARNIVALS	YEARS 5 AND 6 ONLY Basketball, Hockey, Netball, Soccer Various locations	JIGSSA ATHLETICS PREPARATION PROGRAM	YEARS 4 – 6 Weekly training sessions Perth College Oval	JIGSSA ATHLETICS CARNIVAL	YEARS 4 – 6 Weekly training sessions and interschool carnival State Athletics Track
JIGSSA SUMMER GAMES DAY(S) INTERSCHOOL CARNIVALS	YEARS 4 AND 6 ONLY Year 4 sports: Cricket, Golf, Hockey, Tennis, Rugby, Spike Zone Year 6 sports: AFL, Cricket, Tee-Ball, Water Polo Various locations	SCHOOL SPORT CROSS COUNTRY CHAMPIONSHIPS	YEARS 3 – 6 Interschool carnival (JIGSSA Cross Country Team only) Yokine Open Space	JUNIOR MULTI-SPORT PROGRAM – CRICKET	PRE-PRIMARY – YEAR 6 Weekly training sessions Perth College Sports Pavilion	JIGSSA SUMMER GAMES DAY(S) INTERSCHOOL CARNIVALS	YEARS 3 AND 5 ONLY Year 3 Sports: AFL, Cricket, Golf, Soccer, Tennis Year 5 Sports: AFL, Tee-Ball, Cricket, Newcombe Ball Various locations
JUNIOR MULTI-SPORT PROGRAM – SOCCER	PRE-PRIMARY – YEAR 6 Weekly training sessions Perth College Oval	PERTH COLLEGE NETBALL ACADEMY PROGRAM	YEARS 2 – 6 Weekly training sessions and community sport competition Perth College Courts and Matthews Netball Centre	PERTH COLLEGE NETBALL ACADEMY PROGRAM	YEARS 2 – 6 Weekly training sessions and community sport competition Perth College Courts and Matthews Netball Centre	JUNIOR MULTI-SPORT PROGRAM – TENNIS	PRE-PRIMARY – YEAR 6 Weekly training sessions Perth College Ovals
FITNESS CLUB PROGRAM – RUNNING	YEARS 3 – 6 Weekly training sessions Perth College Oval	LEARN TO SWIM PROGRAM	PRE-PRIMARY – YEAR 6 Weekly learn to swim classes Chisholm College Swimming Pool	LEARN TO SWIM PROGRAM	PRE-PRIMARY – YEAR 6 Weekly learn to swim classes Chisholm College Swimming Pool	FITNESS CLUB PROGRAM – RUNNING	YEARS 3 – 6 Weekly training opportunities (parents invited) Perth College Oval
LEARN TO SWIM PROGRAM	PRE-PRIMARY – YEAR 6 Weekly learn to swim classes Perth College and Chisholm College Swimming Pools	SWIM SQUAD PROGRAM	YEARS 3 – 6 Weekly squad training sessions Chisholm College Swimming Pool	SWIM SQUAD PROGRAM	YEARS 3 – 6 Weekly Squad Training Sessions Chisholm College Swimming Pool	LEARN TO SWIM PROGRAM	PRE-PRIMARY – YEAR 6 Weekly learn to swim classes Perth College and Chisholm College Swimming Pools
SWIM SQUAD PROGRAM	YEARS 3 – 6 Weekly squad training sessions Perth College and Chisholm College Swimming Pools	JIGSSA CROSS COUNTRY CARNIVAL	YEARS 3 – 6 Weekly training sessions and interschool carnival Perth College Oval and Alderbury Reserve			SWIM SQUAD PROGRAM	YEARS 3 – 6 Weekly squad training sessions Perth College and Chisholm College Swimming Pools
						IN TERM SWIMMING LESSONS	PRE-PRIMARY – YEAR 6 8-day in-school program Perth College Pool