

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

TERM 1

HOUSE SWIMMING CARNIVAL

YEARS 4 – 6

Perth College Swimming Pool

JIGSSA SWIMMING

YEARS 4 – 6

Weekly training sessions and interschool carnival

Perth College Swimming Pool and
Perth High Performance Centre

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

JUNIOR MULTI-SPORT PROGRAM – SOCCER

PRE-PRIMARY – YEAR 6

Weekly training sessions

Perth College Oval

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

Perth College and Chisholm College Swimming Pools

SWIM SQUAD PROGRAM

YEARS 3 – 6

Weekly squad training sessions

Perth College and Chisholm College Swimming Pools

TERM 2

HOUSE CROSS COUNTRY CARNIVAL

YEARS 3 – 6

House carnival

(Location TBC)

JIGSSA WINTER GAMES DAY(S) INTERSCHOOL CARNIVALS

YEARS 5 AND 6 ONLY

Basketball, Hockey, Netball, Soccer

Various locations

SCHOOL SPORT CROSS COUNTRY CHAMPIONSHIPS

YEARS 3 – 6

Interschool carnival
(JIGSSA Cross Country Team only)

Yokine Open Space

JUNIOR MULTI-SPORT PROGRAM – BASKETBALL

PRE-PRIMARY – YEAR 6

Weekly training sessions

Perth College Sports Pavilion

PERTH COLLEGE NETBALL ACADEMY PROGRAM

YEARS 2 – 6

Weekly training sessions and community sport competition

Perth College Courts and Matthews Netball Centre

LEARN TO SWIM PROGRAM

PRE-PRIMARY – YEAR 6

Weekly learn to swim classes

Chisholm College Swimming Pool

SWIM SQUAD PROGRAM

YEARS 3 – 6

Weekly squad training sessions

Chisholm College Swimming Pool

JIGSSA CROSS COUNTRY CARNIVAL

YEARS 3 – 6

Weekly training sessions and interschool carnival

Perth College Oval and Alderbury Reserve

TERM 3

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

JIGSSA ATHLETICS PREPARATION PROGRAM

YEARS 4 – 6

Weekly training sessions

Perth College Oval

JUNIOR MULTI-SPORT PROGRAM – CRICKET

PRE-PRIMARY – YEAR 6

Weekly training sessions

Perth College Sports Pavilion

PERTH COLLEGE NETBALL ACADEMY PROGRAM

YEARS 2 – 6

Weekly training sessions and community sport competition

Perth College Courts and Matthews Netball Centre

LEARN TO SWIM PROGRAM

PRE-PRIMARY – YEAR 6

Weekly learn to swim classes

Chisholm College Swimming Pool

SWIM SQUAD PROGRAM

YEARS 3 – 6

Weekly Squad Training Sessions

Chisholm College Swimming Pool

TERM 4

HOUSE ATHLETICS CARNIVAL

KINDERGARTEN – YEAR 6

House Carnival

Inglewood Little Athletics Club

JIGSSA ATHLETICS CARNIVAL

YEARS 4 – 6

Weekly training sessions and interschool carnival

State Athletics Track

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 – TENNIS

PRE-PRIMARY – YEAR 6

Weekly training sessions

Perth College Ovals

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

Perth College and Chisholm College Swimming Pools

IN TERM SWIMMING LESSONS

PRE-PRIMARY – YEAR 6

8-day in-school program

Perth College Pool