



WAVERLEY  
COLLEGE

## **Term 1 Training Schedule 2024**

**BASKETBALL: Commences Monday February 5 (1sts / 2nds & A/B squads commence Tuesday Jan 30)**

Convenor: Mr A. Gibbs

Head Coach: Mr M Johnston

Scorers Coordinator: Ms J Turnbull

Team	Coach	Days	Time	Venue
1st	Mr. Matthew Johnston Mr. Linden Smith-Hyde Mr. James Spargo	Tuesday Wednesday Thursday	3:30pm-5:15pm 6:45am-8:15am 3:30pm-5:15pm	Gym W&F Gym
2nd	Mr. Joff Garvey Mr. Tom Cranney Mr. James Spargo	Tuesday Wednesday Wednesday	3:30pm-5:15pm 6:45am-8:15am 3:30pm-5:15pm	Gym W&F Gym
3rd/4th	Mr. Andrew Sexton	Tuesday Thursday	3:30pm-5:00pm 3:30pm-5:00pm	BSB1 BSB1
5th/6th	Mr. Bowen Centellas	Tuesday Thursday	3:30pm-5:00pm 3:30pm-5:00pm	BSB2 BSB2
7th/8th	Mr. Alex Higgins-Titsha	Tuesday Thursday	3:30pm-5:00pm 3:30pm-5:00pm	CQ1 WPMC1
9th/10th	Mr. Sebastian Rao	Monday Thursday	3:30pm-5:00pm 3:30pm-5:00pm	WPMC1 WPMC2
11th/12th (Internals)	Mr. Lowensky Louis	Monday Thursday	3:30pm-5:00pm 3:30pm-5:00pm	WPMC2 CQ1

10A/B	Mr. Damien Thompson Mr. Daniel Palacio	Tuesday Thursday	6:45am-8:15am 6:45am-8:15am	Gym Gym
10C/D	Mr. Hugo Roles Mr. Will Gibson	Tuesday Thursday	7:00am-8:15am 7:00am-8:15am	BSB1 BSB1
10E/F	Mr. Hugo Roles Mr. Will Gibson	Tuesday Thursday	7:00am-8:15am 7:00am-8:15am	BSB2 BSB2
10G/H	Mr. Lowensky Louis	Tuesday Thursday	7:00am-8:15am 7:00am-8:15am	CQ1 CQ1
9A/B	Mr. Tom Kennedy Mr. Finlay Chandler	Monday Friday	3:30pm-5:00pm 6:45am-8:15am	Gym Gym
9C/D	Mr. Will Gibson Mr. Hugo Roles	Monday Friday	3:30pm-5:00pm 7:00am-8:15am	BSB1 BSB1
9E/F	Mr. Will Gibson Mr. Hugo Roles	Monday Friday	3:30pm-5:00pm 7:00am-8:15am	BSB2 BSB2
9G/H	Mr. Oliver Antico	Monday Friday	3:30pm-5:00pm 7:00am-8:15am	CQ1 CQ1
8A/B	Ms. Jenna Turnbull Mr. Kyle Goulding	Monday Wednesday	6:45am-8:15am 6:45am-8:15am	Gym Gym
8C/D	Ms. Caroline Quirke	Monday Wednesday	7:00am-8:15am 7:00am-8:15am	BSB1 BSB1
8E/F	Mr. Tom Gleeson	Monday Wednesday	7:00am-8:15am 7:00am-8:15am	BSB2 BSB2
8G/H	Mr. Alejandro Zanapalis	Monday Wednesday	7:00am-8:15am 7:00am-8:15am	CQ1 Ludlow
8I/J	Mr. Solomon Tuqiri	Monday Wednesday	7:00am-8:15am 7:00am-8:15am	Ludlow CQ1
7A/B	Mr. Tom Cranney Mr. Charlie Smith	Wednesday Friday	3:30pm-5:00pm 3:30pm-5:00pm	WPMC1 Gym 1
7C/D	Mr. Harry Lee	Wednesday Friday	3:30pm-5:00pm 3:30pm-5:00pm	BSB1 Gym 2
7E/F	Mr. Toby Longmire	Wednesday Friday	3:30pm-5:00pm 3:30pm-5:00pm	BSB2 BSB1
7G/H	Mr. Aiden Pascoe	Wednesday	3:30pm-5:00pm	CQ1

		Friday	3:30pm-5:00pm	BSB2
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### **CADETS: Commences Friday February 2**

All Year 9 & other members of the unit

Friday: 3:30pm - 5:30pm - Centenary Quad, Braidwood,  
Airmount, Ludlow, Kenny, Waverley Park, Queens Park & St  
Catherine's

### **CAS Swimming Group: Commences Tuesday January 30**

Convenor: Ms N Silsby

Coaches: Mr N Nezval & Mr D Parnell

Monday to Friday: 6:45am - 8:15am

Tuesday & Thursday: 3:30pm - 5:00pm

College Pool

### **CHESS: Commences Tuesday February 6**

Coach: Mr S Hall

Tuesday & Wednesday: 7:15am - 8:15am - Library

Friday: 4.30pm - CAS Competitions

**CRICKET: Commences Monday February 5 (1st XI  
commence Tuesday January 30)**

Convenor: Mr G Elliott

Head Coach: Mr O Knight

Team	Coach	Day:	Time:	Venue:
1st XI	Mr Kroll (1sts Coach) Liam Andrews (Assistant/Scorer)	Tuesday Thursday Thursday	3:30pm - 5:00pm 7:00am - 8:00am 3:30pm - 5:00pm	QP College Nets QP
2nd XI	Mr John McCallum & Leo Shanahan	Tuesday Thursday	3:30pm - 5:00pm 3:30pm - 5:00pm	QP QP
Year 10	10A - Sam Tsaousis & Jordan Ber	Tuesday Thursday	3:30pm - 5:00pm 3:30pm - 5:00pm	QP QP
Year 9	9A - Sachiel Bass 9B - Will Dodd & Maxim Brooks Mr Cross & Mr Shorthouse - Skills (Monday)	Monday  Wednesday	3:30pm - 5:00pm  3:30pm - 5:00pm	QP  QP
Year 8	8A - Jack Rigg 8B - Mr N Brown Mr Cross & Mr Shorthouse - Skills (Wednesday)	Monday  Wednesday	3:30pm - 5:00pm  3:30pm - 5:00pm	QP  QP
Year 7	7A - Ms M McColl/Daniel McSweeney 7B - Carter Steyn	Monday  Wednesday	3:30pm - 5:00pm  3:30pm - 5:00pm	College Nets  QP

BATTING CLUB - ALL PLAYERS WELCOME	Mac Jenkins	Tuesday - Seniors	7:00am - 8:15am	College Nets
		Wednesday - Juniors	7:00am - 8:15am	College Nets

### **DIVING: Commences Saturday February 3**

Coach: Mrs K Knowles & Mr Z Gindy

Tuesday: Lunch

Saturday: 8:00am - 9:00am

### **DUKE OF ED: Commences Tuesday February 6**

Co-ordinator: Mr A Horry

Staff: Ms L McLarnon

Lunch meetings: W25 every Friday

### **FITNESS GROUP: Commences Tuesday February 6**

Coach: Mr R Chen & Ms S Jessen

Tuesday/Thursday & Saturday: 6:30am

Meet in Weights room

### **JUDO: Commences Monday February 5**

Coaches: Ms B McCarthy & Mr K Frankowski

Monday and Wednesday: 3:30pm - 5:00pm W34/5

Saturday: 8:45 am - 10.00am W34/5

### **MOUNTAIN BIKING: Commences Tuesday February 6**

Coaches : Mr S Douglas & Mr N Dyon

Tuesday & Thursday: 3:30pm – 5:00pm  
Centennial Park & Queens Park

**PUBLIC SPEAKING: Commences From Monday February 5**

Coach: Ms A Curtis

Wednesday 7:30 - 8:30am & Monday 3:30pm - 4:30pm K12

**SAILING: Commences Tuesday February 6 (Years 8-12)**

Coach: Ms H Medcalf & Mr L Burns

Tuesday & Thursday 4:15pm - 5:15pm

Saturday: 8:00am - 11:00am

Woollahra Sailing Club, Rose Bay

**STUDY GROUPS: Commences Monday February 6**

Literacy: Ms C Foster (Monday/Tuesday) - Library

Numeracy: Ms P Guirguis (Wednesday/Thursday) - Library

Science: Ms G Brown (Wednesday/Friday 7.30 - 8.30 am) - Library

Library staff: Mr W Roberts

**TABLE TENNIS: Commences Wednesday February 7**

Coach: Mrs G Stead & Mr P Masen

Wednesday & Thursday: 7:15am - 8:15am Gym undercroft

Saturday: 9:00am - 10.00am Gym undercroft

## **TENNIS: Commences from Monday February 5**

Convenor: Mr D Edwards

**All Tennis training takes place on the College Tennis Courts**

<b>Team</b>	<b>Coach</b>	<b>Day</b>	<b>time</b>
<b>1sts - 2nds 3rds - 4ths</b>	Mr S Day	Tuesday & Thursday	7:00am - 8:15am
<b>Internals</b>	Ms M Ryan	Tuesday & Thursday Friday	7:00am - 8:15am  3:30pm - 5:00pm
<b>Year 10</b>	Ms C Pham	Tuesday & Thursday	3:30pm - 5:00pm
<b>Year 9</b>	Mr R. Roth Ms N Iliopoulos	Tuesday & Thursday	3:30pm - 5:00pm
<b>Year 8</b>	Mr M Neale	Monday & Wednesday	7:00am - 8:15am
<b>Year 7</b>	Ms. Angelique Theodorou	Monday & Wednesday	7:00am - 8:15am
<b>Internals</b>	Ms D Edwards	Monday & Wednesday  Friday	7:00am - 8:15am  3:30pm - 5:00pm
<b>Junior School</b>	Mrs M Fitzgerald	Friday	7:15am - 8:15am
<b>Staff Tennis</b>		Wednesday	3.30-5.00pm

## **TOUCH FOOTBALL: Commences Monday February 5**

Convenor: Mr B Steel

Queen's Park 6 - 8

**Opens:** Tuesdays and Thursdays: 3.30 - 5.00pm

Coaches: Mr T Steel & Mr M Johnson

**Year 10:** Tuesdays and Thursdays: 3.30 - 5.00pm

Coaches: Mr S Willmott, Ms H Atkins & Mr J Broadhurst

**Year 9:**

Monday & Wednesday: 3:30pm - 5:00pm

Coaches: Mr T Jaeger, Mr C Jaeger & Mr B Flynn

**Year 8:** Monday & Wednesday: 3:30pm - 5:00pm

Coaches: Mr C O'Donnell, **TBA** & Mr M Farmeary

**Year 7:** Tuesday & Thursday: 3:30pm - 5:00pm

Coaches: Mr P Shepherd, Mr. J Dowling & Mr C Fagan

## **TRACK & FIELD: Commences Tuesday February 6**

**Sprints:** Tuesday & Thursday 7:00am - 8:15am Weights room

**Throws:** Tuesday & Wednesday 3:30pm - 5pm Queens Park

**Jumps:** Wednesday 3:30pm - 5pm Tennis courts

**Middle Distance:** Monday & Wednesday 3:30pm - 5:00pm

Queens Park

Saturday 9:00am - 10:30am Centennial Park (Homestead Cafe)

**Friday competitions:** ES Marks 6:30pm



## **VISUAL ARTS CLUB: Commences Tuesday February 6**

Coach: Ms N Oates

Tuesday 3:30pm - 5:00pm C04

## **Water Polo Training: Commencing from Tuesday January 30 - All sessions at Waverley unless 1sts and 2nds**

Convenor: Mrs C. Lipman

Team	Coach	Training Days	Time
<b>1sts / 2nds</b>	Mr M Drobnjak Mr J Licintra	Monday (St Caths) Wednesday (Waverley)	6.45am - 8am 6.45am - 8.15am
<b>2nds / 1sts</b>	Mrs M Tanner	Monday (St Caths) Wednesday (Waverley)	6.45am - 8am 6.45am - 8.15am
<b>3rds</b>	Mr A Lawson	Monday Friday (swim set) Saturday	7am-8.15am 7am-8.15am 9.30am - 10.15am
<b>16A</b>	Mr P Riley	Tuesday Thursday	6.45am - 8.15am 6.45am - 8.15am
<b>16B</b>	Mr Dan McHugh	Tuesday Thursday	6.45am - 8.15am 6.45am - 8.15am
<b>15A</b>	Mr Y Delpino	Monday Wednesday	6.45am - 8.15am 3.30pm - 5.00pm
<b>15B</b>	Mr T Romieu	Monday Wednesday	6.45am - 8.15am 3.30pm - 5.00pm
<b>14A/B</b>	Mr S Trinca Ms C Toll	Tuesday Thursday	3.30pm - 5.00pm 3.30pm - 5.00pm
<b>Year 7</b>	Ms K Oliver Mr T Stewart	Friday +1 swim set	3.30pm - 5.00pm
<b>Junior School</b>	Mr F Turinui & Mr L Whitaker	Friday	7.00am - 8.00am

## **WEIGHTS & FITNESS: Commences Monday February 5**

Coaches : Mr S. Coleman, Mr P.Cornish, Mr L Drew-Morris, Mr J-P Boumelhem, Mr J Hardwicke-Owen, Mr James Hems, Mr B Shorthouse & Mr B Drake.

**Pilates:** Monday mornings (all football and rugby)

**Football:** Monday AM (Pilates) Wednesday AM (Waverley Oval synthetic) / Friday AM (weights room) - **MUST ATTEND ALL 3 SESSIONS**

### **Rugby:**

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Seniors - Pilates			Junior pre season - Waverley Park Seniors - Weights	
PM	Weights	Weights	Field - QP	Field - QP	

## **AFL: Commences Tuesday January 31st**

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Pilates	Yr 7-9 High Performance Squad Skills Waverley Park	Yr 10-12 High Performance Squad Skills- Queens Park		
PM			Weights & Fitness		

**YOGA: Commences Tuesday February 6**

Coaches: Ms B Machliss & Ms N Smith

Tuesday & Thursday: 3:30 - 4:30pm PAC Foyer

Saturday: 7:00am - 8:00am Weights Room

**YEAR 7 Manchester City Football Academy:**

**Commences Monday February 5**

Coach: Mr. Ben Charlton

Assistants: Mr M Klimczak and Mr J Smith

Monday & Friday: 7:00am - 8:00am Waverley Park