

SPA Timetable Term 1 2024

Tuesday

Time	SPA Programme	Dates	Location	Year Level	Coach	Additional Notes
7.15am - 8.15am	Hockey	Tues 11th Feb - Thurs 20th March	Hockey Turf	Y9 and Y10	Josh Bowden 1st XI Girls Hockey Coach	Twice a week in term 1 on Tuesday and Thursdays
7.00am - 8.00am	SPA Blue	Tues 4th Feb - Thurs 10th April	Fitness Centre	All	Athlete Development AUT Millennium	Twice a week Term 1 - Term 4 on Tuesday and Thursdays
3.30pm - 5.00pm	Basketball	Tues 11th Feb - Tues 8th April	Gym2 / Fitness Centre	Y9 and Y10	Mike Robinson Director of Basketball	This programme runs fortnightly Term 1 - Term 4 on Tuesdays
3.30pm - 5.00pm	Rugby	Tues 4th Feb - Fri 11th April	Field 2B / Fitness Centre	Y9 and Y10	Kaine Robertson Director of Rugby	Twice a week in term 1 and term on Tuesday and Fridays. Once a week in term2 and 3 on Fridays

Wednesday

Time	SPA Programme	Dates	Location	Year Level	Coach	Additional Notes
7.00am - 8.00am	Football	Wed 5th Feb - Fri 11th April	Field 2A	Y9 and Y10	Maurie Wasi 1st XI Girls Football Coach	Twice a week in term 1 on Wednesdays and Fridays

SPA Timetable Term 1 2024

Thursday

Time	SPA Programme	Dates	Location	Year Level	Coach	Additional Notes
7.15am - 8.15am	Hockey	Tues 11th Feb - Thurs 20th March	Hockey Turf	Y9 and Y10	Josh Bowden 1st XI Girls Hockey Coach	Twice a week in term 1 on Tuesday and Thursdays
7.00am - 8.00am	SPA Blue	Tues 4th Feb - Thurs 10th April	Fitness Centre	All	Athlete Development AUT Millennium	Twice a week Term 1 - Term 4 on Tuesday and Thursdays
7.00am - 8.15am	Netball	Fri 7th Feb - Fri 21st March	Gym 3	Y9 and Y10	Teresa Russell Director of Netball	No sessions on Thursday 6th March or Thursday 13th March due to trials

Friday

Time	SPA Programme	Dates	Location	Year Level	Coach	Additional Notes
7.00am - 8.00am	Football	Wed 5th Feb - Fri 11th April	Field 2A	Y9 and Y10	Maurie Wasi 1st XI Girls Football Coach	Twice a week in term 1 on Wednesdays and Fridays
7.00am - 8.15am	Netball	Fri 7th Feb - Fri 21st March	Gym 3	Y9 and Y10	Teresa Russell Director of Netball	No sessions on Thursday 6th March or Thursday 13th March due to trials
3.30pm - 5.00pm	Rugby	Tues 4th Feb - Fri 11th April	Field 2B / Fitness Centre	Y9 and Y10	Kaine Robertson Director of Rugby	Twice a week in term 1 and term on Tuesday and Fridays. Once a week in term2 and 3 on Fridays