



Kingborough Girls Team April Holiday Training Schedule 2026

WEEK 1	Program	Monday	Tuesday	Wednesday	Thursday	Friday
		20/04/2026	21/04/2026	22/04/2026	23/04/2026	24/04/2026
	High Performance		3.00-5.00			
	Senior Teams	8.30-12.30	8.30-12.30		8.30-12.30	8.30-12.30
	Pre-Senior	8.30-12.30	8.30-12.30		8.30-12.30	8.30-12.30
	Girls Team Gold	12.30-3.30	12.30-3.30		12.30-3.30	12.30-3.30
	JD Gold	12.30-3.30	12.30-3.30		12.30-3.30	12.30-3.30
	GT Silver 3.30		3.30-6.30		3.30-6.30	
	GT Bronze 3.30		3.30-6.30		3.30-6.30	
	GT Silver 4.30		4.30-7.30		4.30-7.30	3.30-6.30
	GT Bronze 4.30		4.30-7.30		4.30-7.30	
	JD Bronze		3.30-6.30		3.30-6.30	3.30-6.30

WEEK 2	Program	Monday	Tuesday	Wednesday	Thursday	Friday
		27/04/2026	28/04/2026	29/04/2026	30/04/2026	1/05/2026
	High Performance		3.30-5.30			
	Senior Teams	8.30-12.30	8.30-12.30		8.30-12.30	8.30-12.30
	Pre-Senior	8.30-12.30	8.30-12.30		8.30-12.30	8.30-12.30
	Girls Team Gold	DESIGNATED WEEK OFF TRAINING LEVELS 3-6				
	JD Gold					
	GT Silver 3.30					
	GT Bronze 3.30					
	GT Silver 4.30					
	GT Bronze 4.30					
	JD Bronze					