Kingborough Girls Team October Holiday Training Schedule 2026

WEEK 1	Program	Monday	Tuesday	Wednesday	Thursday	Friday
		5/10/2026	6/10/2026	7/10/2026	8/10/2026	9/10/2026
	Senior Development					8.30-12.30
	Senior Blue					8.30-12.30
	Senior Red					
	Pre-Senior					
	Girls Team Gold					
	JD Gold					
	JD Silver					
	GT Silver					

DESIGNATED WEEK OFF TRAINING

ALL LEVELS

*Replacement for those with regular Saturday training

WEEK 2	Program	Monday	Tuesday	Wednesday	Thursday	Friday
		12/10/2026	13/10/2026	14/10/2026	15/10/2026	16/10/2026
	High Performance	1.30-3.30				
	Senior Development	8.30-12.30	8.30-12.30			8.30-12.30
	Senior Blue	8.30-12.30	8.30-12.30			8.30-12.30
	Senior Red	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
	JD Silver		3.30-6.30		3.30-6.30	3.30-6.30*
	GT Silver		3.30-6.30		3.30-6.30	

GIRLS TEAM SLEEPOVER: FRIDAY 16TH OCTOBER!