



CRICKET TRAINING PROGRAM FOR TERM 4 2016

Week 2 Onwards for Term 4 2016

<u>LOCATION</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u> <u>1st SESSION</u>	<u>WEDNESDAY</u> <u>2nd SESSION</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>PARK</u>						
NETS 1 – 2	3rds					
NETS 3 - 4	4ths	15C	15B			
NETS 5 - 6	16B	5ths				
NETS 7 - 8						
NETS 9 – 10	14B/C					
NETS 11 - 12						
TURF WICKET	No turf	15A (No 2)	1 st XI (No 3)	2 nd XI (No 3)	1 st XI (No 3)	
TURF WICKET	No turf	16A(No 4)	16B(No 5)	14A (No 5)	2 nd XI (No 5)	
FIELDING – No 1	1 st XI PM		2 nd XI, 15A	1 st XI, 14A,15A	14A,3rds	
TURF NETS 1 - 3	No turf	N/A	free	3rds	15A	
TURF NETS 4 - 5	No turf	N/A	16A	16B		
TURF NETS 6 - 8	No turf	1 st XI				
TURF NETS 9 - 10	No turf	2 nd XI				
<u>AT THE COLLEGE</u>						
WICKET College A		15B	15C	4ths	14A	
WICKET College B				5ths		
WICKET College E				14B/C		
<u>INDOOR NETS</u>	14A	1 st XI 6.30am			2 nd XI 6.30am 16A PM	1 st and 2 nd XI
<u>WEIGHTS</u> Healy Centre		1 st & 2 nd XI Gym 6.45am			1 st & 2 nd XI Gym 7.00am	
<u>FITNESS</u> <u>CARDIO ROOM</u>	2 nd XI PM					

