

UPLANDS COLLEGE: EXTRA CURRICULAR ACTIVITIES: TERM 1, 2012

MONDAY - PM	TUESDAY - PM	WEDNESDAY - PM	THURSDAY - PM
<p><u>15:00 - 16:30</u></p> <p>SPORT</p> <p><u>Cricket Practice</u> Opens Boys - Fielding / Net Session Junior Boys - Net Session / Fielding High Performance and Rehabilitation By arrangement with Mr Barton only. NO UNSUPERVISED GYM ACCESS Hockey Skills and Conditioning - BOYS 1st Team / 2nd Team (Field A 15:00 - 15:40); (Astro 15:40 - 16:30) U16 A, B, C (Astro 15:00 - 15:40); Field A (15:40 - 16:30) Hockey Skills and Conditioning - GIRLS U15 (Field B) U14 (Field C - Bottom Rugby Field) Horse Riding All Riders Mountain Biking Team and Beginners Netball Skills and Conditioning Open U16 Rugby U14 Boys (Main Field) Swimming Training Distance Training and Strengthening - Dam Tennis Team Practice</p>	<p><u>15:00 - 16:30</u></p> <p>SPORT</p> <p><u>Athletics</u> Sprint and Middle Distance Training Field events practice Cricket Practice Nets Session Jnr and Open Hockey Skills and Conditioning - BOYS U14 (Field B) Hockey Skills and Conditioning - GIRLS 1st Team / 2nd Team (Field A 15:00 - 15:40); (Astro 15:40 - 16:30) U16 (Astro 15:00 - 15:40); Field A (15:40 - 16:30) Horse Riding All Riders Mountain Biking Team and Beginners Netball Skills and Conditioning U15A&B U14A&B Rugby 1st Team & 2nd (Team Main Field) U16 / 3rd Team & / 4th Team (B Field) U15 (Soccer Field) Tennis Team Practice</p>	<p><u>15:00 - 16:30</u></p> <p>SPORT</p> <p><u>Athletics</u> Sprint and Middle Distance Training Field events practice Hockey Skills and Conditioning - BOYS 1st Team & U16A (Astro) 2nd Team, U16B, U16C (Field A and B) Hockey Skills and Conditioning - GIRLS U14 and U15 (Field C - Bottom Rugby Field) Horse Riding All Riders Mountain Biking Team and Beginners Netball Skills and Conditioning Open U16 Rugby U14 Boys (Main Field) Swimming Team Training with UniSwim Coach (College Pool) Tennis Team Practice Touch Rugby U15 - Open (Main Rugby Field)</p>	<p><u>15:00 - 16:30</u></p> <p>SPORT</p> <p><u>Cricket Practice</u> Senior Net Session Junior Net Session High Performance and Rehabilitation By arrangement with Mr Barton only. NO UNSUPERVISED GYM ACCESS Hockey Skills and Conditioning - BOYS U14 (Field B) Hockey Skills and Conditioning - GIRLS 1st Team / U16A (Astro) 2nd Team / U16B (Field A) Horse Riding All Riders Mountain Biking Team and Beginners Netball Skills and Conditioning U15A&B U14A&B Extra Seniors Practice Rugby 1st Team & 2nd Team (Main Field) U15 & U16 Team (B Field) 3rd Team & 4th Team (Soccer Field) Swimming Team Training - Venue to be announced Tennis Non Team Tennis Development (Not Social Tennis)</p>
<p>16:00 Club Swimming training - UNISWIM</p>	<p>16:00 Club Swimming training - UNISWIM</p>	<p>16:00 Club Swimming training - UNISWIM</p>	<p>16:00 Club Swimming training - UNISWIM</p>
<p>CULTURE / SERVICE</p> <p>Debating Enviro Club Extra Music Lessons Musical Production (14:45 - 16:30) (1 month only) Choir - 16:30 - 17:30</p>	<p>CULTURE / SERVICE</p> <p>Chess Community Service Extra Music Lessons Interact Musical Production (14:45 - 16:30) (1 month only) Up Close and Personal</p>	<p>CULTURE</p> <p>Community Service English Olympiad Extra Music Lessons Smile Chapel Band (16:30 - 17:30)</p>	<p>CULTURE</p> <p>Band Practice Extra Music Lessons Musical Production (14:45 - 16:30) (1 month only)</p>
<p>ACADEMIC 15:00 - 16:30</p> <p>Grade 12 Science Practical (Week 1) Maths Paper 3 (Week 2) Remedial</p>	<p>ACADEMIC 15:00 - 16:30</p> <p>Grade 12 Science Practical (Week 2) Maths Paper 3 (Week 1) I.T. Practical Remedial Magazine Club</p>	<p>ACADEMIC 15:00 - 16:30</p> <p>I.T. Practical Remedial Readers are Leaders Senior Art 13:45 -14:45 CANSAs Meeting EXTRA ACADEMIC LESSONS All extra lessons by appointment</p>	<p>ACADEMIC 15:00 - 16:30</p> <p>Senior Art</p>

NAME: _____

TUTOR GROUP: _____ GRADE: _____