



SYDNEY SWANS
ACADEMY

UNDER 12 TRAINING PROGRAM

TERM 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FEB 6 - 12	SKILL SESSION		SQUAD SESSION				
FEB 13 - 19	SKILL SESSION						
FEB 20 - 26	SKILL SESSION		SQUAD SESSION				
FEB 27 - MAR 5	SKILL SESSION						
MAR 6 - 12	WET WEATHER						
MAR 13 - 19	SKILL SESSION		SQUAD SESSION				
MAR 20 - 26	SKILL SESSION						
MAR 27 - APR 2	SKILL SESSION		SQUAD SESSION				
APR 3 - 9	SKILL SESSION						
BREAK APR 10 - 16		SENIOR DAY EXPERIENCE					
BREAK APR 17 - 23							
BREAK APR 24 - 30							

TERM 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAY 1 - 7	SKILL SESSION		SQUAD SESSION				
MAY 8 - 14	SKILL SESSION						
MAY 15 - 21	SKILL SESSION		SQUAD SESSION				
MAY 22 - 28	SKILL SESSION						
MAY 29 - JUNE 4	WET WEATHER						
JUNE 5 - 11	SKILL SESSION		SQUAD SESSION				
JUNE 12 - 18							
JUNE 19 - 25	SKILL SESSION		SQUAD SESSION				
JUNE 26 - JULY 2	SKILL SESSION						
BREAK JULY 3 - 9							
BREAK JULY 10 - 16							
BREAK JULY 17 - 23							

TERM 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JULY 24 - 30	SKILL SESSION		SQUAD SESSION				
JULY 31 - AUG 6	SKILL SESSION						
AUG 7 - 13	SKILL SESSION		SQUAD SESSION				
AUG 14 - 20	SKILL SESSION						
AUG 21 - 27	WET WEATHER						
AUG 28 - SEP 3	SKILL SESSION		SQUAD SESSION				
SEP 4 - 10	SKILL SESSION						

SKILL SESSION

PLAYERS TRAIN AT THEIR LOCAL ACADEMY WITH MIXED AGE GROUPS.

SYDNEY METRO LOCATIONS	TRAINING TIMES
CITY ACADEMY — LAKESIDE OVAL, DRIVER AVE, MOORE PARK	4.30PM - 5.45PM
NORTH ACADEMY — NORTH OVAL, CULLODEN RD, MACQUARIE UNIVERSITY	4.30PM - 5.45PM
SOUTH ACADEMY — HENSON PARK, CENTENNIAL STREET, MARRICKVILLE	4.30PM - 5.45PM
REGIONAL LOCATIONS	TRAINING TIMES
NORTHERN BEACHES ACADEMY — NARRABEEN SPORTS HIGH SCHOOL, NARRABEEN	5.00PM - 6.30PM
ILLAWARRA ACADEMY — NORTH DALTON PARK, PIONEER RD, TOWRADGI	5.00PM - 6.30PM
CENTRAL COAST ACADEMY — BATEAU BAY SPORTS FACILITY, PASSAGE RD, BATEAU BAY	5.00PM - 6.30PM
HUNTER ACADEMY — WARATAH NO.2, HARRIS ST, WARATAH (TERM 1) NO. 1 SPORTSGROUND, UNION ST, NEWCASTLE WEST (TERM 2 + 3)	5.30PM - 7.00PM

SQUAD SESSION

PLAYERS TRAIN AT EITHER NORTH OR SOUTH ACADEMY WITH THEIR AGE GROUP.

TRAINING LOCATIONS	TRAINING TIMES
NORTH ACADEMY — NORTH OVAL, CULLODEN RD, MACQUARIE UNIVERSITY	4.45PM - 6.15PM
SOUTH ACADEMY — HENSON PARK, CENTENNIAL STREET, MARRICKVILLE	4.45PM - 6.15PM