



SYDNEY SWANS
ACADEMY

UNDER 14 TRAINING PROGRAM

| TERM 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|---------------|---------|---------------|----------|--------|----------|--------|
| FEB 6 - 12 | SKILL SESSION | | SQUAD SESSION | | | | |
| FEB 13 - 19 | SKILL SESSION | | ASSESSMENT | | | | |
| FEB 20 - 26 | SKILL SESSION | | | | | | |
| FEB 27 - MAR 5 | SKILL SESSION | | SQUAD SESSION | | | | |
| MAR 6 - 12 | WET WEATHER | | ACADEMY CUP | | | | |
| MAR 13 - 19 | SKILL SESSION | | SQUAD SESSION | | | | |
| MAR 20 - 26 | SKILL SESSION | | SQUAD SESSION | | | | |
| MAR 27 - APR 2 | SKILL SESSION | | ACADEMY CUP | | | | |
| APR 3 - 9 | SKILL SESSION | | | | | | |
| BREAK APR 10 - 16 | | | | | | | |
| 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 | | ACADEMY CUP | | | | |
| MAY 15 - 21 | SKILL SESSION | | | | | | |
| MAY 22 - 28 | SKILL SESSION | | SQUAD SESSION | | | | |
| MAY 29 - JUNE 4 | WET WEATHER | | ACADEMY CUP | | | | |
| JUNE 5 - 11 | SKILL SESSION | | SQUAD SESSION | | | | |
| JUNE 12 - 18 | | | SQUAD SESSION | | | | |
| JUNE 19 - 25 | SKILL SESSION | | ACADEMY CUP | | | | |
| 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 | | ACADEMY CUP | | | | |
| AUG 7 - 13 | SKILL SESSION | | | | | | |
| AUG 14 - 20 | SKILL SESSION | | SQUAD SESSION | | | | |
| AUG 21 - 27 | WET WEATHER | | ACADEMY CUP | | | | |
| AUG 28 - SEP 3 | SKILL SESSION | | SQUAD SESSION | | | | |
| SEP 4 - 10 | SKILL SESSION | | SQUAD SESSION | | | | |

SKILL SESSION

PLAYERS TRAIN AT THEIR LOCAL ACADEMY WITH MIXED AGE GROUPS.

SYDNEY METRO LOCATIONS

CITY ACADEMY — LAKESIDE OVAL, DRIVER AVE, MOORE PARK

NORTH ACADEMY — NORTH OVAL, CULLODEN RD, MACQUARIE UNIVERSITY

SOUTH ACADEMY — HENSON PARK, CENTENNIAL STREET, MARRICKVILLE

REGIONAL LOCATIONS

NORTHERN BEACHES ACADEMY — NARRABEEN SPORTS HIGH SCHOOL, NARRABEEN

ILLAWARRA ACADEMY — NORTH DALTON PARK, PIONEER RD, TOWRADGI

CENTRAL COAST ACADEMY — BATEAU BAY SPORTS FACILITY, PASSAGE RD,
BATEAU BAY

HUNTER ACADEMY — WARATAH NO.2, HARRIS ST, WARATAH (TERM 1)
NO. 1 SPORTSGROUND, UNION ST, NEWCASTLE WEST (TERM 2 + 3)

TRAINING TIMES

5.45PM - 7.00PM

5.45PM - 7.00PM

5.45PM - 7.00PM

TRAINING TIMES

5.00PM - 6.30PM

5.00PM - 6.30PM

5.00PM - 6.30PM

5.30PM - 7.00PM

SQUAD SESSION

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

TRAINING LOCATIONS

NORTH ACADEMY — NORTH OVAL, CULLODEN RD, MACQUARIE UNIVERSITY

SOUTH ACADEMY — HENSON PARK, CENTENNIAL STREET, MARRICKVILLE

TRAINING TIMES

5.30PM - 7.00PM

5.30PM - 7.00PM

ACADEMY CUP

PLAYERS PARTICIPATE IN SMALL-SIDED GAMES WITH THEIR AGE GROUP.
PLAYERS WILL BE ALLOCATED TO A TIME SLOT FOR EACH ACADEMY CUP SESSION.

VENUE: LAKESIDE OVAL, MOORE PARK

SESSION 1: 5PM - 6PM (PLAYERS TO ARRIVE NO LATER THAN 4.30PM)

SESSION 2: 6PM - 7PM (PLAYERS TO ARRIVE NO LATER THAN 5.30PM)

ASSESSMENT: 5PM - 7PM (PLAYERS TO ARRIVE BY 4.30PM)