

ACC Athletics Training Schedule

Day	Morning 7:45 start	Lunch time (Oval)
Monday	All Throws	All Throws
Tuesday	All Throws + All Sprints/Long Jump & Long distance	All Throws
Wednesday	All Throws + High Jump (Cass)	All Throws
Thursday	All Throws	All Throws
Friday	All Throws + All Sprints/Long Jump & Long distance	All Throws

- Please meet in the CASS at 7:40am for all morning sessions
- Please meet on the OVAL at the start of lunch for all lunch sessions
- Students wishing to challenge for events must attend training sessions.