

# TERM 1 SEMPER SQUAD



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Swimming</b> <ul style="list-style-type: none"> <li>Pool 7.30am</li> <li>Miss Burgess</li> <li>Miss Douglas</li> </ul>	<b>Athletics/XC</b> <ul style="list-style-type: none"> <li>Oval 7.30am</li> <li>Miss Edwards</li> <li>Mr Bonfadini</li> </ul>	<b>Badminton</b> <ul style="list-style-type: none"> <li>Stadium 7.30am</li> <li>Mr Edleston</li> </ul>	<b>Strength and Conditioning</b> <ul style="list-style-type: none"> <li>Gym 7.30am</li> <li>Mr Sutcliffe</li> </ul>	<b>Basketball</b> <ul style="list-style-type: none"> <li>Stadium 7.30am</li> <li>Mr Cook</li> </ul>
			<b>Netball</b> <ul style="list-style-type: none"> <li>Stadium 7.30am</li> <li>Mrs Bednarz</li> </ul>	
		<b>Rowing</b> <ul style="list-style-type: none"> <li>Gym 7.30am</li> <li>Mrs Hunter</li> </ul>	<b>Athletics/XC</b> <ul style="list-style-type: none"> <li>Oval 7.30am</li> <li>Mr Burt</li> </ul>	

- Semper Squad will start Week 2 of Term 1, Monday 6 February and run for the duration of the term
- Please ensure you join our FRANKSTON HIGH SCHOOL SPORTS Page as this is where we will post Semper Squad updates and photos
- We train in all weather conditions as we have inside facilities available
- All students who pay the yearly Semper Squad fee will also receive a training top (Families with a healthcare card please contact the Finance Office)
- There will be a timetable released at the start of each term
- If you are yet to collect a Semper Squad form, they are available from the General Office, Facebook Page or Sports Office
- Breakfast will be provided after each session (cereal and juice)