

# OTC Strength & Conditioning 2026

Term 2 Timetable					
Day & Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>S&amp;C Block 1</b> 6:15 - 7:00 AM		<b>Sports Academy</b> + S&C Catch Up		<b>Sports Academy</b> + S&C Catch Up	
<b>S&amp;C Block 2</b> 7:15 - 8:00 AM	<b>HOCKEY &amp; FOOTBALL - GIRLS</b>  1st XI	<b>SENIOR NETBALL</b>  ACADEMY: Prem 1, Prem 2 & other teams	<b>HOCKEY &amp; FOOTBALL - GIRLS</b>  2nd XI & Juniors	<b>HOCKEY - BOYS</b>  Boys 1st & 2nd XI	<b>FOOTBALL - BOYS</b>  1st & 2nd XI
<b>LUNCH</b> 1:35 - 2:05 PM	<b>Barbell Club</b>	<b>Barbell Club</b>	<b>Barbell Club</b>	<b>Barbell Club</b>	<b>Barbell Club</b>
<b>S&amp;C Block 3</b> 3:30 - 4:15 PM	<b>BASKETBALL - BOYS</b>  Seniors	<b>JUNIOR NETBALL</b>  ACADEMY: Junior 1, Junior 2 & other teams	<b>RUGBY - BOYS</b>  1st XV / U16 / U14	<b>BASKETBALL - BOYS</b>  Juniors	<b>RUGBY &amp; BASKETBALL - GIRLS</b>  Seniors & Juniors
<b>S&amp;C Block 4</b> 4:15 - 5:00 PM	<b>FOOTBALL - BOYS</b>  Juniors		<b>Sports Academy</b>		<b>Sports Academy</b>

**Performance Pathway (Top 2 teams)** - Required to attend sport specific session and/or Block 1

**Competitive & Social Pathway (Remaining teams)** - Advised to attend sport specific or Sports Academy

**Sport & Team Specific** : Session's which will specialise in the movement and injury prevention for that respective sport. **S&C Catch Up** : Missed a session? No problem, the 'Catch Up' session is for you.

**Barbell Club** : Learn the fundamentals of training for a strong and healthy lifestyle.

**Sports Academy**: Off-season development training and open to all who cannot make their timetabled session.

**Strength & Conditioning Fee**: \$80 for 12 months (payments can be split \$20 per term)

**Barbell Club Fee**: \$40 for 12 months (payments can be split \$10 per term)