

LORETO COLLEGE EXTRA-CURRICULAR TRAINING SCHEDULE 2023/2024

| Day | Activity | Time | Year Group | Coach |
|-----------|------------|----------------------------|---|--|
| Monday | Camogie | Lunchtime | All Years | Ms. Miland; Ms. O'Brien; Ms. Sullivan |
| | Badminton | 1550 – 1630 1630 - 1710 | 1 st Yrs All Yrs except 1 st Years | Mr. Faney & Mr. Lam |
| Tuesday | Volleyball | Lunchtime | 1 st Years | Ms. O'Meara; Ms. Duffy; Ms. Lynn |
| | Volleyball | 1 550 – 1 650 | 4 th , 5 th and 6 th Yrs | Ms. Elliott |
| | GAA | Lunchtime | 1 st Years | Ms. Connor; Ms. Heskin |
| | GAA | 1 550 - 1 650 | 2 nd yr/3 rd Yr/Seniors | Ms. Connor; Ms. Heskin |
| Wednesday | Basketball | 1 550 - 1 650 | Seniors & Cadettes | Ms. Martin ; Mr. Bissett; Ms. Boland |
| Thursday | Volleyball | Lunchtime | 2 & 3 rd Years | Ms. O'Meara; Ms. Duffy; Ms. Lynn |
| | Basketball | 1 550 - 1 700 | 1 st & 2 nd Years | Ms. Boland; Ms. King; Ms. Molloy; Ms. Lawton |
| Friday | Athletics | 1 300-1345 | All Years | Mr. & Ms. Evans; Ms. Graham |