

# Frankston Blues Training Plan 2024/2025

## Sunday

|        | 8:00am - 9:30am | 9:30am - 11:00am | 11:00am - 12:30pm |
|--------|-----------------|------------------|-------------------|
| FBS1   | BU14-1          | BU18-1           | BU18-2            |
| FBS2   | BU4-2 & BU14-3  | BU16-1           | BU18-3            |
| FBS3   | BU12-1          | BU16-2           |                   |
| FBS4   | BU12-2 & BU12-3 | BU16-5 & BU16-4  |                   |
| FBS5   | BU16-3          | GU16-3           |                   |
| FBS6   | GU12-3 & GU12-4 | GU16-4           |                   |
| EMC 1  | GU12-1          | GU14-3           | GU16-1            |
| EMC 2  | GU12-2          | GU14-4           | GU16-2            |
| EMC 3  | GU12-5 & GU12-6 | GU14-5 & GU14-6  |                   |
| MCL 1  | BU12-4          | BU14-4           |                   |
| MCL 2  | BU12-5 & BU12-6 | BU14-6           |                   |
| FHS 1  | GU14-1          |                  |                   |
| FHS 2  | GU14-2          |                  |                   |
| CDSC 1 | BU14-5 & BU12-7 |                  |                   |
| CDSC 2 | BU12-8 & BU12-9 |                  |                   |

## Tuesday

|        | 4:45pm - 6:00pm    | 6:00pm - 7:30pm | 7:30pm - 9:00pm      |
|--------|--------------------|-----------------|----------------------|
| FBS1   | GU18-1             | SENIOR WOMEN    | SENIOR MEN (inc U20) |
| FBS2   | GU18-2             |                 |                      |
|        | 4:30pm - 5:45pm    | 5:45pm - 7:00pm |                      |
| FBS3   | GU12-2             | BU16-1          |                      |
| FBS4   | GU16-1             | BU16-3          |                      |
| FBS5   | FUTURE BLUES GIRLS |                 |                      |
| FBS6   |                    |                 |                      |
|        | 5.30pm - 7:00pm    |                 |                      |
| EMC 1  | GU12-1             |                 |                      |
| EMC 2  | GU12-3 & GU12-4    |                 |                      |
| EMC 3  | GU12-5 & GU12-6    |                 |                      |
|        | 4:30pm - 6:00pm    | 6:00pm - 7:30pm |                      |
| JUB 1  | BU12-1 & BU12-2    | GU16.2          |                      |
| JUB 2  | BU12-3 & BU12-4    | GU16-3          |                      |
| JUB 3  | BU12-5 & BU12-6    | GU16-4          |                      |
|        | 4:30pm - 6:00pm    | 6:00pm - 7:30pm |                      |
| CDSC 1 | BU14-1             | BU18-1          |                      |
| CDSC 2 | BU14-2 & BU14-3    | BU18-2 & U18-3  |                      |
|        | 4:30pm - 6:00pm    | 6:00pm - 7:30pm |                      |
| MCC 1  | BU12-7             | BU14-4          |                      |
| MCC 2  | BU12-8 & BU12-9    | BU14-5 & BU14-6 |                      |
|        | 4:30pm - 6:00pm    | 6:00pm - 7:30pm | 7:30pm - 9:00pm      |
| FHS 1  | GU14-1             | GU14-3 & GU14-4 | BU16-2               |
| FHS 2  | GU14-2             | GU14-5 & GU14-6 | BU16-4 & BU16-5      |

## Thursday

|       | 4:45pm to 6:00pm | 6:00pm - 7:30pm | 7:30pm - 9:00pm      |
|-------|------------------|-----------------|----------------------|
| FBS 1 | FDBA PROGRAMS    | SENIOR WOMEN    | SENIOR MEN (inc U20) |
| FBS 2 | GU18.1 & GU18.2  |                 |                      |

TM of team listed on Court 1 at each external venue will be responsible for key collection, handover and return  
Entry to the stadium will be via the main stadium entrance, exit via the old entrance (Frankston Stadium)