



HYDRA
S P O R T S

HYDRA FOOTBALL 2025-2026 SEASON

TERM 1 TRAINING SCHEDULE

AUGUST 24TH - NOVEMBER 8TH



AGE GUIDE

AGE GROUP	AGE BORN
UNDER 6	2021 - 2020
UNDER 8	2019 - 2018
UNDER 10	2017 - 2016
UNDER 12	2015 - 2014
UNDER 14	2013 - 2012
UNDER 18	2011 - 2008

Your child's age group is based on their birth year.

Please note that your child will remain in the same age group for the entire 2025/2026 season.

However, players may be moved to a different team at any point during the season to better match their skill level and development, at the discretion of the coaching staff.

HYDRA FOOTBALL

TERM 1 TRAINING SCHEDULE | AUGUST 24TH - NOVEMBER 8TH



MIXED | BOYS & GIRLS

TEAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UNDER 6 2021-2020 BORN		*4.00 - 5.00PM ASD HIGH SCHOOL GYM			*8.00 - 9.00AM ASD ELEMENTARY GYM	
UNDER 8 2019-2018 BORN		*4.00 - 5.00PM ASD HIGH SCHOOL GYM			*8.00 - 9.00AM ASD ELEMENTARY GYM	
UNDER 10 2017-2016 BORN		*5.00 - 6.00PM ASD HIGH SCHOOL GYM		6.00 - 7.00PM ASD HIGH SCHOOL FIELD	*9.00 - 10.00AM ASD ELEMENTARY GYM	
UNDER 12 2015-2014 BORN	6.00 - 7.15PM ASD HIGH SCHOOL FIELD	*6.00 - 7.15PM ASD HIGH SCHOOL GYM				5.30 - 6.30PM ASD HIGH SCHOOL FIELD
UNDER 14 2013-2012 BORN		*6.00 - 7.15PM ASD HIGH SCHOOL GYM	5.30 - 7.15PM ASD HIGH SCHOOL FIELD			5.30 - 6.30PM ASD HIGH SCHOOL FIELD
UNDER 18 2011-2008 BORN	7.15 - 8.45PM ASD HIGH SCHOOL FIELD		6.45 - 8.45PM ASD WEIGHT-ROOM & HIGH SCHOOL FIELD		*10.00 - 11.15AM ASD ELEMENTARY GYM	7.30 - 8.45PM ASD HIGH SCHOOL FIELD
GOALKEEPING 2014-2008 BORN		7.30 - 8.30PM ASD HIGH SCHOOL FIELD				

***PLEASE NOTE; TRAINING WILL TAKE PLACE INDOORS & TRAINERS MUST BE WORN**

HYDRA FOOTBALL

TERM 1 TRAINING SCHEDULE | AUGUST 24TH - NOVEMBER 8TH



GIRLS ONLY

TEAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UNDER 8 2019-2018 BORN		*4.00 - 5.00PM ASD HIGH SCHOOL GYM			*8.00 - 9.00AM ASD ELEMENTARY GYM	
UNDER 10 2017-2016 BORN		*5.00 - 6.00PM ASD HIGH SCHOOL GYM		6.00 - 7.00PM ASD HIGH SCHOOL FIELD	*9.00 - 10.00AM ASD ELEMENTARY GYM	
UNDER 12 2015-2014 BORN	6.00 - 7.15PM ASD HIGH SCHOOL FIELD		6.00 - 7.15PM ASD HIGH SCHOOL FIELD			6.30 - 7.30PM ASD HIGH SCHOOL FIELD
UNDER 14 2013-2012 BORN	5.30 - 7.15PM ASD HIGH SCHOOL FIELD		6.00 - 7.15PM ASD HIGH SCHOOL FIELD			6.30 - 7.30PM ASD HIGH SCHOOL FIELD
UNDER 18 2011-2008 BORN	6.45 - 8.45PM ASD WEIGHT-ROOM & HIGH SCHOOL FIELD		7.15 - 8.45PM ASD HIGH SCHOOL FIELD		*10.00 - 11.15AM ASD ELEMENTARY GYM	7.30 - 8.45PM ASD HIGH SCHOOL FIELD
WOMEN'S 2007+ BORN		7.30 - 8.30PM ASD HIGH SCHOOL FIELD				

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