

**BREAKERS SUNDAY TRAINING PLAN - 13th FEBRUARY 2022 ONWARDS**

| MON | MSC             | MSC 1A | MSC 1B | MMPS          | MMPS 1A | MMPS 1B | OPS             | OPS 1A | OPS 1B |
|-----|-----------------|--------|--------|---------------|---------|---------|-----------------|--------|--------|
|     | 5.00PM - 6.00PM | 12.1 B |        | 7:00 - 8.00PM | 14.1 B  |         | 6.45PM - 7.45PM | 14.3 B | 14.4 B |
|     | 6:00PM - 7.00PM | 12.2 B |        | 8:00 - 9:00PM | 18.1 B  |         | 7.45PM - 8.45PM | 16.3 B |        |
|     | 7:00PM - 8:00PM | 20.1 B |        |               |         |         |                 |        |        |
|     | 8:00PM - 9:00PM |        |        |               |         |         |                 |        |        |

| TUE | MSC             | MSC 1A     | MSC 1B | MMPS            | MMPS 1A | MMPS 1B | SSC              | SSC 1A | SSC 1B | MBS             | MBS 3A       | MBS 3B |
|-----|-----------------|------------|--------|-----------------|---------|---------|------------------|--------|--------|-----------------|--------------|--------|
|     | 4.00PM - 5.00PM | 12.1 G     |        | 8:00PM - 9.00PM | 16.1B   |         | 7.00PM - 8.30PM  | 16.1 G | 16.2 G | 5.00PM - 6.00PM | 14.1 G       |        |
|     | 5.00PM - 6.30PM | 14.2 B     |        |                 |         |         | 8.30PM - 10.00PM | YLM    |        | 6.00PM - 7.00PM | 18.1 G       |        |
|     | 6:30PM - 8:00PM | YLM        |        |                 |         |         |                  |        |        | 7:00PM - 9:00PM | SENIOR WOMEN |        |
|     | 8:00PM - 9:30PM | SENIOR MEN |        |                 |         |         |                  |        |        |                 |              |        |

| WED | MSC             | MSC 1A          | MSC 1B | MMPS            | MMPS 1A | MMPS 1B | OPS             | OPS 1A | OPS 1B |
|-----|-----------------|-----------------|--------|-----------------|---------|---------|-----------------|--------|--------|
|     | 4:30PM - 5:30PM | GROUND BREAKERS | GIRLS  | 6:00PM - 7:00PM |         | 12.4 B  | 7.30PM - 8:30PM | 14.3 G |        |
|     | 6:00PM - 7:00PM | 12.2 G          | 12.3 G | 6:30PM - 7:30PM | 12.3 B  |         |                 |        |        |
|     | 7:00PM - 8:30PM | 14.2 G          |        | 7:30PM - 9:00PM |         | 18.3 B  |                 |        |        |
|     | 8.00PM - 9.00PM |                 |        | 8:00PM - 9.00PM | 18.2 B  |         |                 |        |        |

| THUR | MSC             | MSC 1A | MSC 1B | MMPS            | MMPS 1A | MMPS 1B | OPS             | OPS 1A | OPS 1B | MCR            | MCR 1      | MCR 2 |
|------|-----------------|--------|--------|-----------------|---------|---------|-----------------|--------|--------|----------------|------------|-------|
|      | 5:00PM - 6:00PM |        |        | 6:00PM - 7:00PM |         |         | 7:00PM - 8:30PM | 16.1 B |        | 8:15PM-9:30PM  |            | YLM   |
|      | 6.00PM - 7.00PM |        |        | 7:00PM - 8:00PM | 16.2 B  |         | 8.00PM - 9.00PM |        |        | 8:45PM-10:00PM | SENIOR MEN |       |
|      | 6:30PM - 8:30M  | YLM    |        | 8:00PM - 9:00PM | 16.4 B  |         |                 |        |        |                |            |       |
|      | 8:00PM - 9.30PM | WOMEN  |        |                 |         |         |                 |        |        |                |            |       |

| SUN | MBS             | MBS 1A | MBS 1B | MBS 2A | MBS 2B | MBS 3A | MBS 3B | MCR 1A | MCR 1B | MCR 2A | MCR 2B |
|-----|-----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
|     | 8.00AM          |        | 14.1G  |        |        |        |        |        |        |        |        |
|     | 8.30AM          | 16.1 G | 14.1G  | 12.1 G |        | 12.3 G | 12.2 G | N/A    | N/A    | N/A    | N/A    |
|     | 10AM            |        | 14.1G  | 14.2 G |        | 14.3 G |        | N/A    | N/A    | N/A    | N/A    |
|     | 11.30AM         | Big V  | Big V  |        |        |        |        | N/A    | N/A    | N/A    | N/A    |
|     | 12.30PM         | Big V  | Big V  |        |        |        |        | N/A    | N/A    | N/A    | N/A    |
|     | 1PM             | Big V  | Big V  |        |        |        |        | N/A    | N/A    | N/A    | N/A    |
|     | 1:30PM          | Big V  | Big V  |        |        |        |        | N/A    | N/A    | N/A    | N/A    |
|     | 2:30PM          | Big V  | Big V  |        |        |        |        | N/A    | N/A    | N/A    | N/A    |
|     | 3.30PM - 5.00PM | 14.1 B |        | 12.1 B |        | 14.2 B | 12.2 B | N/A    | N/A    | N/A    | N/A    |
|     | 4.00PM - 5.30PM |        |        |        |        |        |        | 12.3 B | 12.4 B | 14.3 B | 14.4 B |
|     | 5.00PM - 6.30PM | 18.1 B |        | 18.2 B |        | 16.2 B |        |        |        |        |        |
|     | 5.30PM - 7.00PM |        |        |        |        |        |        | 16.3 B | 16.4 B |        | 18.3 B |
|     | 6.30PM - 8.00PM | 18.1 G |        |        |        |        |        |        |        |        |        |

| VENUES                        | MBS 1 to 3 | 1051 Nepean Hwy, Morningson   |
|-------------------------------|------------|---|
| Morningson Basketball Stadium | MSC        | 1051 Nepean Hwy, Morningson (single court gymnasium near swimming pool) |
| Mornington Secondary College  | MMPS       | Glenisla Dr, Mount Martha   |
| Mount Martha Primary School   | OPS        | 120 Cragie Road, Mount Martha   |
| Osborne Primary School        | SSC        | 37 Graf Rd, Somerville  |
| Somerville Secondary College  | MCR        | Dunns Road, Morningson  |
| Morningson Civic Reserve      |            |   |