

**Sports Bulletin**  
**Term One**  
**Week Beginning 21st November 2022**

	<b>Before School</b> 7:00am - 8:00am	<b>After School</b> 3:30pm - 5:00pm	<b>Fixtures</b> <a href="#">(click here for live details)</a>
<b>Monday</b>	<b>Basketball:</b> U20 Boys	<b>Basketball:</b> U16 Boys <b>Football:</b> U7 3.10pm - 4.10pm <b>Football:</b> U9 3.10pm - 4.10pm <b>Strength &amp; Conditioning:</b> U16 <b>Swimming:</b> Secondary Cobras Squad <b>Tennis:</b> U11 3.30pm - 4.30pm	
<b>Tuesday</b>	<b>Basketball:</b> U16/20 Girls <b>Football:</b> U20 Boys	<b>Basketball:</b> U14 Girls <b>Football:</b> U16 Boys <b>Tennis:</b> U9 3.10pm - 4.10pm	
<b>Wednesday</b>	<b>Basketball:</b> U20 Boys	<b>Basketball:</b> U14 Boys <b>Netball:</b> U20 <b>Swimming:</b> Secondary Cobras Squad	<b>Basketball:</b> U16/20 Girls v AISHK (a)
<b>Thursday</b>	<b>Basketball:</b> U16/20 Girls <b>Tennis:</b> U20 @ Siena Club	<b>Football:</b> U11 3.30pm - 4.30pm <b>Football:</b> U20 Boys <b>Netball:</b> U7 3.10pm - 4.10pm <b>Netball:</b> U9 3.10pm - 4.10pm <b>Netball:</b> U11 3.30pm - 4.30pm	<b>Basketball:</b> U16 Boys v CIS (a) 4.15 tip off <b>Basketball:</b> U20 Boys v CIS (a) 5.15 tip off
<b>Friday</b>	<b>Basketball:</b> U14 Girls <b>Outdoor Fitness:</b> Secondary only (Foreshore)	<b>Badminton:</b> U20 <b>Swimming:</b> Secondary Cobras Squad	<b>Tennis:</b> U20 Boys v CDNIS (h) <b>Tennis:</b> U20 Girls v CDNIS (h)

**Fixtures and Results** - For upcoming Cobras Fixtures and Results please [visit this website](#).

**Fitness and Strength & Conditioning** - Please book on a weekly basis using [this link](#).