Version 3

2025 RFC Training Schedule

Monday

Starting Times	Harold West North	Harold West South	Roselea Oval East	Roselea Oval West	Carlingford Oval 1 East	Carlingford Oval 1 West
3:30						
3:45						
4:00						
4:15						
4:30						
4:45	M9/5					
5:00						
5:15						
5:30					U6 & U7 TRAINING PROGRAM	DEV PROGRAM
5:45						
6:00						
6:15						
6:30						
6:45						
7:00						
7:15						
7:30						
7:45						
8:00						
8:15						
8:30						
8:45						
9:00						
9:15						
9:30						
9:45						
10:00						

Tuesday

Starting Times	Harold West Oval North	Harold West Oval South	Roselea Oval East	Roselea Oval West	Carlingford Oval 1 East	Carlingford Oval 1 West	Carlingford Oval 2 East	Carlingford Oval 2 West	Carlingford Oval 3 East	Carlingford Oval 3 West
3:30										
3:45										
4:00										
4:15										
4:30										
4:45										
5:00					M10/1 & M10/2	M10/3				
5:15										
5:30										
5:45								M11/2		
6:00	M16/1			W18/1	M13/2	M13/4	M11/3			
6:15										
6:30										
6:45										
7:00		WAA1	WAA5		M14/2	M14/4				
7:15										
7:30									M045/4	
7:45										
8:00										
8:15							M055/1	M055/2		MAA10
8:30										
8:45										
9:00										
9:15	Super League									
9:30										
9:45										
10:00										

2025 RFC Training Schedule

Wednesday

Starting Times	Harold West Oval Nomt	Harold West Oval South	Roselea Oval East	Roselea Oval West	Carlingford Oval 1 East	Carlingford Oval 1 West	Carlingford Oval 2 East	Carlingford Oval 2 West	Carlingford Oval 3 East	Carlingford Oval 3 West
3:30										
3:45										
4:00										
4:15										
4:30										
4:45										
5:00			M8 RED M8 GREEN (QUARTER FIELDS)		W9/3					
5:15										
5:30						W10/2				
5:45										
6:00			W15/1	W15/2			W11/1	W11/2		
6:15										
6:30					W13/2	W12/2				
6:45										
7:00		W18/2								
7:15										
7:30	MAA11		MAA9	WO30/1				M18/3	M055/1	
7:45										
8:00										
8:15										
8:30										
8:45										
9:00										
9:15										
9:30										
9:45										
10:00										

2025 RFC Training Schedule

Thursday

Starting Times	Harold West Oval North	Harold West Oval South	Roselea Oval East	Roselea Oval West	Carlingford Oval 1 East	Carlingford Oval 1 West	Carlingford Oval 2 East	Carlingford Oval 2 West	Carlingford Oval 3 East	Carlingford Oval 3 West
3:30										
3:45										
4:00										
4:15										
4:30										
4:45										
5:00										
5:15			W8 Green	W8 Yellow	M9/2, M9/4 & M8 YELLOW					
5:30										
5:45										
6:00	M18/1	M10/4	W18/1				M14/2	M16/1		
6:15				WAA1 & WAA2	M12/2	M12/4				
6:30										
6:45			WAA1	WAA2			MAA8	WO40/2	MAA4	
7:00										
7:15										
7:30										
7:45										
8:00										
8:15										
8:30	Super League									
8:45										
9:00										
9:15										
9:30										
9:45										
10:00										

2024 RFC Training Schedule

Friday

Starting Times	Harold West Oval North East	Harold West Oval North West	Harold West Oval South East	Harold West Oval South West	Roselea Oval East	Roselea Oval West	Starting Times
3:30	Ovals Unavailable For Training						3:30
3:45							3:45
4:00							4:00
4:15							4:15
4:30							4:30
4:45							4:45
5:00							5:00
5:15							5:15
5:30							5:30
5:45							5:45
6:00							6:00
6:15							6:15
6:30							6:30
6:45							6:45
7:00							7:00
7:15							7:15
7:30							7:30
7:45							7:45
8:00							8:00
8:15							8:15
8:30							8:30
8:45							8:45
9:00							9:00
9:15							9:15
9:30							9:30
9:45							9:45
10:00							10:00

Notes:

Flood Lights:

Flood Lights are controlled by daily activation via a text message from pre-authorised phone numbers. If the lights do not turn on for your oval please contact Gaye on 0437 421 450.

Maintenance of gear and grounds.

We can't fix what we don't know about. Please email a photo and a brief description of any maintenance issues to venues@roseleafc.com. We will investigate and action accordingly. Examples; "Roselea Oval floodlights, Pole # 4, Globe not working" or "No Pegs for Carlo 3 Nets" or "Pop-up goal at Roselea broken"