



## ISH/Athletics S & C PROGRAM GUIDE 2022

### Session Dates:

<i>No sessions in Term 1</i>		<i>School Holidays (T3) (17<sup>th</sup> September – 2<sup>nd</sup> October)</i>	
1	Mon May 2 <sup>nd</sup>	18	Mon October 3 <sup>rd</sup>
2	Mon May 9 <sup>th</sup>	19	Mon October 10 <sup>th</sup>
3	Mon May 16 <sup>th</sup>	20	Mon October 17 <sup>th</sup>
4	Mon May 23 <sup>rd</sup>	21	Mon October 24 <sup>th</sup>
5	Mon May 30 <sup>th</sup>	22	Mon October 31 <sup>st</sup>
6	Mon June 6 <sup>th</sup>	S&C sessions finished for 2022	
<b>No Session on June 13<sup>th</sup> due to Labour Day Holiday</b>			
7	Mon June 20 <sup>th</sup>		
<i>School Holidays (T2) 25<sup>th</sup> June – 10<sup>th</sup> July</i>		Term 1 – 0 Term 2 – 7 Term 3 – 10 Term 4 – 5	
8	Mon July 11 <sup>th</sup>		
9	Mon July 18 <sup>th</sup>		
10	Mon July 25 <sup>th</sup>		
11	Mon Aug 1 <sup>st</sup>		
12	Mon Aug 8 <sup>th</sup>		
13	Mon Aug 15 <sup>th</sup>		
14	Mon Aug 22 <sup>nd</sup>		
15	Mon Aug 29 <sup>th</sup>		
16	Mon Sept 5 <sup>th</sup>		
17	Mon Sept 12 <sup>th</sup>		

### Session Details:

**Day:** Monday

**Venue:** Anytime Fitness  
Essington Rd Grovedale

**Trainer:** Jace Kelly 0412 905 609

**Time:** 4.30 – 5.30 pm

### Additional Information:

- BSA Strength and condition training begins Monday 2<sup>nd</sup> of May
- **There will be no sessions held in term 1**
- Musculoskeletal Screening for all first year athletes is to be completed via Corio Bay Health Group. Justin Edwards is the physio allocated to all ISH & athletics athletes.
- Tennis athletes please notify Jace Kelly directly via his mobile if you are unable to attend a session.