



Strength and Conditioning Program 2018

- Strength and Conditioning commences the week of February 19th
- No Strength and Conditioning Sessions are held on Public Holidays or School Holidays

Schedule

GEELONG					
Sport	ISH	Day	Time	Venue	Trainer
Golf		Wednesday	4.15 – 5.15pm	Christian College Geelong (Middle School Campus, Thornhill Rd)	Tayla Supple Deakin Student - Shenae
Tennis		Monday	4.15 – 5.15pm	Deakin University (Waurnd Ponds)	Ryan Letter Deakin Student - Shenae
Beach Volleyball		Friday	6.00-7.00pm	Geelong Canoe Club (Marnock Rd, Newtown)	Luke Haines Deakin Student - Shenae
Sailing		Monday	4.15 - 5.15pm	Christian College Geelong (Middle School Campus, Thornhill Rd)	Kieron Lester Deakin Student -
Netball (u14's) (July 16 – Oct 29)		Monday	5.15 – 6.15pm	Deakin University (Waurnd Ponds)	Ryan Letter Deakin Student - Shenae
Netball (u13's) (July 16 – Oct 29)		Monday	5.15 – 6.15pm	Christian College Geelong (Middle School Campus, Thornhill Rd)	Kieron Lester
ISH		Wednesday	4.30 – 5.30pm	Deakin University (Waurnd Ponds)	Ryan Letter Deakin Student – Jamie
		Thursday	4.15 – 5.15pm	Leisure Link (Waurnd Ponds)	Kieron Lester Deakin Student -
COLAC					
			Wednesday	4.00 – 5.00pm	Bluewater Fitness Casey Tipper