



BASEBALL, PARA AUS & SAILING S&C PROGRAM GUIDE 2025

Session Dates:

TERM 1:		TERM 3:	
1	13/02/2025	1	24/07/2025
2	20/02/2025	2	31/07/2024
3	27/02/2025	3	7/08/2025
4	6/03/2025	4	14/08/2025
5	13/03/2025	5	21/08/2025
6	20/03/2025	6	28/08/2025
7	27/03/2025		
8	3/04/2025		
TERM 2:		TERM 4:	
1	24/04/2025		
2	1/05/2025		
3	8/05/2025		
4	15/05/2025		
5	22/05/2025		
6	29/05/2025		
7	5/06/2025		
8	12/06/2025		
9	19/06/2025		
10	26/06/2025		
11	3/07/2025		

Session Details:

Day: Thursdays

Time: 5-6pm

Number of Sessions: 25

Venue: Western Heights College, Hamlyn Heights

Coaches: Nick Richardson 0421 369 650 Will Sexton 0430 067 675

Additional Information:

- Athletes must notify the programs coordinator, Nick or Will via their mobile if you are unable to attend your S&C session
- The BSA membership covers your allocated number of S&C sessions, coaching fees and venue hire.
- BSA athletes are eligible to receive discounted S&C services through P2 Performance. This can be discussed by getting in contact with Will Sexton (0430 067 675)