



GOLF & TENNIS MAIN SQUADS S&C PROGRAM GUIDE 2025

Session Dates:

| TERM 1: | | TERM 3: | |
|----------------|------------|----------------|------------|
| 1 | 13/02/2025 | 1 | 24/07/2025 |
| 2 | 20/02/2025 | 2 | 31/07/2025 |
| 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: 4-5pm

Number of Sessions: 25

Venue: Western Heights Secondary College, 37-61 Vines Rd 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)