



INDIVIDUAL & BEACH VOLL S&C PROGRAM GUIDE 2025

Session Dates:

TERM 1:		TERM 3:	
1	11/02/2025	1	22/07/2025
2	18/02/2025	2	29/07/2025
3	25/02/2025	3	5/08/2025
4	4/03/2025	4	12/08/2025
5	11/03/2025	5	19/08/2025
6	18/03/2025	6	26/08/2025
7	25/03/2025		
8	1/04/2025		
TERM 2:		TERM 4:	
1	22/04/2025		
2	29/04/2025		
3	6/05/2025		
4	13/05/2025		
5	20/05/2025		
6	27/05/2025		
7	3/06/2025		
8	10/06/2025		
9	17/06/2025		
10	24/06/2025		
11	1/07/2025		

Session Details:

Day: Tuesdays

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)