



BASEBALL S & C PROGRAM GUIDE 2023

Session Dates:

<u>TERM 1:</u>		<u>TERM 3:</u>	
1	Friday 17 th February	1	Friday 14 th July
2	Friday 24 th February	2	Friday 21 st July
3	Friday 3 rd March	3	Friday 28 th July
4	Friday 10 th March	4	Friday 4 th August
5	Friday 17 th March	20 x BSA S&C session completed which is covered by BSA membership. P2 Performance are going to try and offer continuing S&C sessions at no costs to BSA members for remainder of terms 3&4. Info about this will be communicated at the start of term 3.	
6	Friday 24 th March		
7	Friday 31 st March		
School Holidays Term 1 S&C sessions finished			
<u>TERM 2:</u>		<u>TERM 4:</u>	
1	Friday 28 th April	Additional P2 Performance S&C sessions may be available to those athletes who wish to complete at no extra cost.	
2	Friday 5 th May		
3	Friday 12 th May		
4	Friday 19 th May		
5	Friday 26 th May		
6	Friday 2 nd June		
7	Friday 9 th June		
8	Friday 16 th June		
9	Friday 23 rd June		
School Holidays Term 2 S&C sessions finished			

Session Details:

Day: Friday

Time: 4:30pm-5:30pm

Venue: Christian College Waurin Ponds

Coaches: Jake Cole-Sinclair 0401 082 821

Additional Information:

- BSA S&C Sessions will begin in term 1
- Athletes must notify Jake via his mobile if you are unable to attend your S&C session
- The BSA membership covers 20 S&C sessions which covers the costs of coaches & venue
- Once the 20 S&C sessions have finished BSA athletes may have opportunities to complete additional S&C sessions at no extra cost to athletes. Further information about days and times of this will be communicated at the start of term 3.