



BEACH VOLLEYBALL 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 | | | | | |
| TERM 2: | | | | TERM 4: | |
| 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

Additional Information:

- BSA S&C Sessions will begin in term 1
- Athletes must notify Jake via their mobile if they are unable to attend their 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.