



Golf Bellarine PROPOSED S & C PROGRAM GUIDE 2022

Session Dates:

<i>No sessions in Term 1</i>		8	Tues July 12 th
		9	Tues July 19 th
1	Tues May 3 rd	10	Tues July 26 th
2	Tues May 10 th	11	Tues Aug 2 nd
3	Tues May 17 th	12	Tues Aug 9 th
4	Tues May 24 th	13	Tues Aug 16 th
5	Tues May 31 st	14	Tues Aug 23 rd
6	Tues June 7 th	S&C SSESSIONS FINISHED FOR 2022	
7	Tues June 14 th		
<i>Term 2 School Holidays (24th of June – 10th of July)</i>		Term 1 – 0 Term 2 – 7 Term 3 – 7 Term 4 – 0	

Session Details:

Day: Tuesday

Venue: St Ignatius College
Peninsula Drive Drysdale

Trainer: Tom Fary 0467 361 620
services@barwonsportsacademy.org.au

Time: 4:30-5:30pm

Additional Information:

- BSA Strength and conditioning sessions begin Thursday 26th April
- **There will be no sessions held in term 1**
- S&C Sessions will be taking place at St Ignatius College Drysdale.
- **Movement Screening** will be completed for all Athletes during their first session.
- Golfing athletes please notify Tom Fary directly via his mobile or email if you are unable to attend a session.