



NETBALL S & C PROGRAM GUIDE 2023

Session Dates:

TERM 1	
During Term 1 there will be 1 session that runs per week. This is due to many netballers having association rep commitments during term 1. By still doing 1 session it allows those who can do S&C in term 1 to do so, whilst allowing us to provide more weeks of S&C in term 2 & 3.	
<u>MONDAY 5:30-6:30PM AT WESTERN HEIGHTS</u>	
Session 1: Monday 13 th February	
Session 2: Monday 20 th February	
Session 3: Monday 27 th February	
Session 4: Monday 6 th March	
NO SESSION DUE TO LABOUR DAY WEEKEND	
Session 5: Monday 20 th March	
Session 6: Monday 27 th March	
Session 7: Monday 3 rd April	
TERM 2	
<u>MONDAY 4:30-5:30PM AT WESTERN HEIGHTS</u>	<u>MONDAY 5:30-6:30PM AT WESTERN HEIGHTS</u>
Session 1: Monday 24 th April	Session 1: Monday 24 th April
Session 2: Monday 1 st May	Session 2: Monday 1 st May
Session 3: Monday 8 th May	Session 3: Monday 8 th May
Session 4: Monday 15 th May	Session 4: Monday 15 th May
Session 5: Monday 22 nd May	Session 5: Monday 22 nd May
Session 6: Monday 29 th May	Session 6: Monday 29 th May
Session 7: Monday 5 th June	Session 7: Monday 5 th June
NO SESSION DUE TO KINGS BIRTHDAY	
SESSION 8: Monday 19 th June	SESSION 8: Monday 19 th June
TERM 3	
<u>MONDAY 4:30-5:30PM AT WESTERN HEIGHTS</u>	<u>MONDAY 5:30-6:30PM AT WESTERN HEIGHTS</u>
Session 1: Monday 10 th July	Session 1: Monday 10 th July
Session 2: Monday 17 th July	Session 2: Monday 17 th July
Session 3: Monday 24 th July	Session 3: Monday 24 th July

Session Details:

Day: Monday

Time: TERM 1: 5:30-6:30pm TERM 2: 4:30-5:30pm + 5:30-6:30pm

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

Coaches: Nick Richardson 0421 369 650 Will Sexton 0430 067 675

Additional Information:

- BSA S&C Sessions will begin in term 1
- Athletes must notify Nick or Will 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 will 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.