



## Para-Aust S & C PROGRAM GUIDE 2022

### Session Dates:

<i>No sessions in Term 1</i>		6	Thu July 14 <sup>th</sup>
		7	Thu July 21 <sup>st</sup>
1	Thu May 26 <sup>th</sup>	8	Thu July 28 <sup>th</sup>
2	Thu June 2 <sup>nd</sup>	9	Thu Aug 4 <sup>th</sup>
3	Thu June 9 <sup>th</sup>	10	Thu Aug 11 <sup>th</sup>
4	Thu June 16 <sup>th</sup>	11	Thu Aug 18 <sup>th</sup>
5	Thu June 23 <sup>rd</sup>	12	Thu Aug 25 <sup>th</sup>
<i>Term 2 School Holidays (24<sup>th</sup> of June – 10<sup>th</sup> of July)</i>		13	Thu Sep 1 <sup>st</sup>
		14	Thu Sep 8 <sup>th</sup>
		<b>S&amp;C SESSIONS FINISHED FOR 2022</b>	
		Term 1 – 0 Term 2 – 7 Term 3 – 7 Term 4 – 0	

### Session Details:

**Day:** Thursday

**Venue:** Leisurelink  
Pioneer Rd, Grovedale

**Trainer:** Jesse Castillo  
0404 853 703

**Time:** 4:30pm – 5:30pm

### Additional Information:

- BSA Strength and conditioning sessions begin Thursday May 26<sup>th</sup>
- S&C Sessions will be taking place Leisurelink.
- **ATHLETES WILL BE REQUIRED TO USE LEISURELINK GYM PASS FOR EACH SESSION. PARA-ATHLETES CAN GET ACCESS TO 25 GYM VISIT ACCESSIBILITY PASS WHICH IS COVERED BY THE BSA.** Please call Tom Fary on 0467 361 620 if you have any issues with this.
- **Jesse and/or Tom Fary will be in discussion with those athletes who are attending about completing a movement screen to assist with program design.**
- **Athletes are to notify Tom Fary 1 week prior to the first session commencing if they plan on partaking in these S&C sessions.** Message tom at [services@barwonsportsacademy.org.au](mailto:services@barwonsportsacademy.org.au) or 0467 361 620
- Please notify Jesse Castillo via mobile if you are unable to attend a session.