



## SAILING S & C PROGRAM GUIDE 2023

### Session Dates:

<u>TERM 1:</u>		<u>TERM 3:</u>			
<b>1</b>	Tuesday 14 <sup>th</sup> February	<b>1</b>	Tuesday 11 <sup>th</sup> July		
<b>2</b>	Tuesday 21 <sup>st</sup> February	<b>2</b>	Tuesday 18 <sup>th</sup> July		
<b>3</b>	Tuesday 28 <sup>th</sup> February	<b>3</b>	Tuesday 25 <sup>th</sup> July		
<b>4</b>	Tuesday 7 <sup>th</sup> March	<b>4</b>	Tuesday 1 <sup>st</sup> August		
<b>5</b>	Tuesday 14 <sup>th</sup> 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.			
<b>6</b>	Tuesday 21 <sup>st</sup> March				
<b>7</b>	Tuesday 28 <sup>th</sup> March				
<b>8</b>	Tuesday 4 <sup>th</sup> April				
<b>School Holidays</b> <b>Term 1 S&amp;C sessions finished</b>					
<u>TERM 2:</u>				<u>TERM 4:</u>	
<b>1</b>	Tuesday 2 <sup>nd</sup> May			Additional P2 Performance S&C sessions may be available to those athletes who wish to complete at no extra cost.	
<b>2</b>	Tuesday 9 <sup>th</sup> May				
<b>3</b>	Tuesday 16 <sup>th</sup> May				
<b>4</b>	Tuesday 23 <sup>rd</sup> May				
<b>5</b>	Tuesday 30 <sup>th</sup> May				
<b>6</b>	Tuesday 6 <sup>th</sup> June				
<b>7</b>	Tuesday 13 <sup>th</sup> June				
<b>8</b>	Tuesday 20 <sup>th</sup> June				
<b>School Holidays</b> <b>Term 2 S&amp;C sessions finished</b>					

### Session Details:

**Day:** Tuesday

**Time:** 4:15pm-5:15pm

**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 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.