



## Tennis S & C PROGRAM GUIDE 2023

### Session Dates:

<b><u>TERM 1:</u></b>		<b><u>TERM 3:</u></b>	
<b>1</b>	Thursday 16 <sup>th</sup> of February	<b>1</b>	Thursday 13 <sup>th</sup> of July
<b>2</b>	Thursday 23 <sup>rd</sup> of February	<b>2</b>	Thursday 20 <sup>th</sup> of July
<b>3</b>	Thursday 2 <sup>nd</sup> of March	<b>3</b>	Thursday 27 <sup>th</sup> of July
<b>4</b>	Thursday 9 <sup>th</sup> of 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>5</b>	Thursday 16 <sup>th</sup> of March		
<b>6</b>	Thursday 23 <sup>rd</sup> of March		
<b>7</b>	Thursday 30 <sup>th</sup> of March		
<b>8</b>	Thursday 6 <sup>th</sup> of April		
<b>School Holidays</b> <b>Term 1 S&amp;C sessions finished</b>			
<b><u>TERM 2:</u></b>		<b><u>TERM 4:</u></b>	
<b>1</b>	Thursday 27 <sup>th</sup> of April	Additional P2 Performance S&C sessions may be available to those athletes who wish to complete at no extra cost.	
<b>2</b>	Thursday 4 <sup>th</sup> of May		
<b>3</b>	Thursday 11 <sup>th</sup> of May		
<b>4</b>	Thursday 18 <sup>th</sup> of May		
<b>5</b>	Thursday 25 <sup>th</sup> of May		
<b>6</b>	Thursday 1 <sup>st</sup> of June		
<b>7</b>	Thursday 8 <sup>th</sup> of June		
<b>8</b>	Thursday 15 <sup>th</sup> of June		
<b>9</b>	Thursday 22 <sup>nd</sup> of June		
<b>School Holidays</b> <b>Term 2 S&amp;C sessions finished</b>			

### Session Details:

**Day:** Thursday

**Time:** 4:45pm-5:45pm

**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.