



## INDIVIDUAL SPORTS S & C PROGRAM GUIDE 2024

### Session Dates:

<b><u>TERM 1:</u></b>		<b><u>TERM 3:</u></b>	
<b>1</b>	12/02/2024	<b>1</b>	15/07/2024
<b>2</b>	19/02/2024	<b>2</b>	22/07/2024
<b>3</b>	26/02/2024	<b>3</b>	29/07/2024
<b>4</b>	4/03/2024	<b>4</b>	5/08/2024
<b>NO SESSION – LABOUR DAY</b>		<b>5</b>	12/08/2024
<b>5</b>	18/03/2024	<b>6</b>	19/08/2024
<b>6</b>	25/03/2024	<b>7</b>	26/08/2024
<b>School Holidays</b>		<b>8</b>	2/09/2024
		<b>9</b>	9/09/2024
		<b>10</b>	16/09/2024
		<b>Total Number of Sessions = 26</b>	
<b>S&amp;C Sessions Finished for 2024</b>			
<b><u>TERM 2:</u></b>		<b><u>TERM 4:</u></b>	
<b>1</b>	15/04/2024	<b>S&amp;C Sessions Finished for 2024</b>	
<b>2</b>	22/04/2024		
<b>3</b>	29/04/2024		
<b>4</b>	6/05/2024		
<b>5</b>	13/05/2024		
<b>6</b>	20/05/2024		
<b>7</b>	27/05/2024		
<b>8</b>	3/06/2024		
<b>NO SESSION - KINGS BIRTHDAY</b>			
<b>9</b>	17/06/2024		
<b>10</b>	24/06/2024		

### Session Details:

**Day:** Monday

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

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

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

### Additional Information:

- Athletes must notify the programs coordinator, Nick or Will via their mobile if you are unable to attend your S&C session
- The BSA membership covers your allocated number of S&C sessions, coaching fees and venue hire.
- BSA athletes are eligible to receive discounted S&C services through P2 Performance. This can be discussed by getting in contact with Will Sexton (0430 067 675)