



INDIVIDUALS S&C PROGRAM GUIDE 2026

Holidays T1 – 3-20 Apr T2 – 27 June – 12 July & T3- 19 Sept – 4 Oct

Session Dates:

TERM 1:		TERM 3:	
In 2026 Deakin University has partnered to support IMH		1	15/07/2026
		2	22/07/2026
1	4/03/2026	3	29/07/2026
2	11/3/2026	4	5/08/2026
3	18/03/2026	5	12/08/2026
4	25/03/2026	6	19/08/2026
5	01/04/2026	7	Academy Testing Week
6	No Session	8	2/09/2026
Holidays 3-20 April		9	9/09/2026
	TERM 2:	10	16/09/2026
1	22/04/2026		
2	29/04/2026		
3	6/05/2026		
4	13/05/2026		
5	20/05/2026		
6	27/05/2026		
7	3/06/2026		
8	10/06/2026		
9	17/06/2026		
10	24/06/2026		
	Holidays 27/06 – 12/07		

Session Details:

Day: Wednesday

Time: 5:00pm - 6:00pm

Number of Sessions: 23 (+ 2 testing sessions – Term 1 Testing Session TBC)

Venue: Deakin University

Coaches: TBC

Additional Information:

- Athletes must notify the programs coordinator or S&C Coach 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.