



NETBALL 1ST YEARS S&C PROGRAM GUIDE 2025

Session Dates:

TERM 1:	TERM 3:	
No S&C in Term 1	1	21/07/2025
	2	28/07/2025
	3	4/08/2025
	4	11/08/2025
	5	18/08/2025
	6	25/08/2025
	7	1/09/2025
	8	8/09/2025
	9	15/09/2025
TERM 2:	TERM 4:	
No S&C In Term 2	1	6/10/2025
	2	13/10/2025
	3	20/10/2025
	4	27/10/2025
	5	3/11/2025
	6	10/11/2025

Session Details:

Day: Mondays

Time: 4-5pm

Number of Sessions: 15

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)