



NETBALL 1st YEARS 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:	
No S&C in Term 1 Academy Testing Week TBC	1	13/07/2026
	2	20/07/2026
	3	27/07/2026
	4	3/08/2026
	5	10/08/2026
	6	17/08/2026
	7	Academy Testing Week
	8	31/09/2026
	9	7/09/2026
	10	14/09/2026
TERM 2:	TERM 4:	
No S&C In Term 2	1	5/10/2026
	2	12/10/2026
	3	19/10/2026
	4	26/10/2026
	5	2/11/2026

Session Details:

Day: Monday

Time: 4:30pm - 5:30pm

Number of Sessions: 14 Sessions (+2 Testing Sessions) **Coaches:** Stuart Goddard & Daniel Bannister

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

Additional Information:

- Athletes must notify the strength and conditioning coach if they are unable to attend your S&C session.
- The BSA membership covers your allocated number of S&C sessions, coaching fees and venue hire.

Stuart Goddard: 0419 312 836