



NETBALL 1ST YEARS MONDAY S & C PROGRAM GUIDE 2024

Session Dates:

<u>TERM 1:</u>	<u>TERM 3:</u>	
No S&C in Term 1	1	15/07/2024
	2	22/07/2024
	3	29/07/2024
	4	5/08/2024
	5	12/08/2024
	6	19/08/2024
	7	26/08/2024
	8	2/09/2024
	9	9/09/2024
	10	16/09/2024
	School Holidays	
<u>TERM 2:</u>	<u>TERM 4:</u>	
No S&C In Term 2	1	7/10/2024
	2	14/10/2024
	3	21/10/2024
	4	28/10/2024
	Total Number of Sessions = 14	
S&C Sessions Finished for 2024		

Session Details:

Day: Monday

Time: 4:15-5:15pm

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)