



NETBALL 2ND 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: 5-6pm

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)