

Netball Sunday Sessions 2024

Coaches: Susan Meaney, Mel Savage, Tegan Phillip, Kirsten Hood

ABN 75 008 545 569
Sports House, GMHBA Stadium
370 Moorabool St, Geelong 3220

Term 1 2024 (Jan – 28 th March)			
Date & Time	Coaches	Session	Guest Speakers
<p>No practical sessions this term. (32 x 1st yrs and 10 x 2nd yrs) - (Trademark, Intro to S&C + Periodisation & Prioritisation recommended)</p>			
Term 2 2024 (13 April – 30 June)			
Date	Coaches	Session description	Guest Speakers
Sunday 23 of June 8.30-10.30am VENUE: Grovedale College 2hr x sessions (8.30-10.30am) (1.5hr on court & .5 talk)	Susan Meaney Mel Savage Tegan Philip Jane Searle (Def specialist, ex Aust) Kirsten Hood	(1) Rotation of: <ul style="list-style-type: none"> • Offence • Defence • Mid court 	
Term 3 2024 (13 July – 22 Sept)			
Date	Coaches	Session	Guest Speakers
Mon 15 th July 4.15pm-5.15pm	Nick Richardson and P2 Performance	S&C begins – 1 st of 14 sessions to be held at Western Height SC	
Sunday 21 st July 8.30-10.30am VENUE: Geelong Sports Hub 2hr x sessions (8.30-10.30am) (1.5hr on court & .5 talk)	Susan Meaney Mel Savage Tegan Philip Jane Searle (Def specialist, ex Aust) Kirsten Hood	(2) Rotation of: <ul style="list-style-type: none"> • Offence • Defence • Mid court 	
Sunday 4 th August 8.30-10.30am VENUE: Grovedale College 2hr x sessions (8.30-10.30am) (1.5hr on court & .5 talk)	Susan Meaney Mel Savage Tegan Philip Jane Searle (Def specialist, ex Aust) Kirsten Hood	(3) Rotation of: <ul style="list-style-type: none"> • Offence • Defence • Mid court 	<i>BSA Goal Setting with Paul Hood (10:30am-11:30am)</i>
Term 4 2024 (5 Oct – 23 Dec)			
Date	Coaches	Session	Guest Speakers
Sun 6 th or Mon 7 th Oct	Susan Meaney Kirsten Hood	Training in preparation for VRAS Tournament on Sun 20 th Oct	
Sunday October 20 th	Susan Meaney Kirsten Hood	VRAS Netball Vic inter-academy challenge	
Mon 28 th Oct	Nick Richardson (P2Performance)	Final S&C sessions	

Regards
Susan Meaney
BSA Netball Program Manager (2024)



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