



PARALYMPICS AUSTRALIA ATHLETES S & C PROGRAM GUIDE 2024

Session Dates:

TERM 1:		TERM 3:
		Total Number of Sessions = 14 S&C Sessions Finished for 2024
1	12/03/2024 (Program Creation)	
2	19/03/2024 (Program Creation)	
3	26/03/2024	
School Holidays		
TERM 2:		TERM 4:
1	16/04/2024	
2	23/04/2024	
3	30/04/2024	
4	7/05/2024	
5	14/05/2024	
6	21/05/2024	
7	28/05/2024	
8	4/06/2024	
9	11/06/2024	
10	18/06/2024	
11	25/06/2024	

Session Details:

Day: Tuesday

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)