

## GEELONG/BARWON REGION

Zone squads with HP squad coach (17 Years+)  
(Pennant or US College possible goals)



BSA Program - 6 x 3 hour coaching (includes sport specific education elements)+ weekly squad hitting with strength and conditioning inclusive + tiered education program



BSA Development Squad - Prepare + fill in for main squad  
AJP comps + regional team events



BSA Next Gen (10-14 years) with Matt Hicks & Jake Dunn  
AJP comps + regional team events



Clubs + Local Coaches (rich array of choices)

## NATIONAL HIGH PERFORMANCE MODEL

National Development Squad (Top 8 in Victoria)  
2 squad sessions per week + 1 hr S&C per week (Melb)



National zone squad (U/11 & U/13)  
4 girls + 4 boys + 6-8 squad sessions per semester  
\*No S&C and Education



Super 10s (Metro/city)



Clubs + Local Coaches