

TENNIS S&C PROGRAM GUIDE 2026

Holidays T1 – 3-20 Apr T2 – 27 June – 12 July & T3- 19 Sept – 4 Oct

	TERM 1 (@) GLTC Wednesday 6:15pm-7:45pm		TERM 2 (@) GLTC Wednesday 6:15pm-7:45pm
		1	Wed 22 nd April
	NO SESSION WED 4th DUE TO BSA INDUCTION EVENING	2	Wed 29 th April
1	Wed 11 th Feb Goal Setting Session @5:30pm	3	Wed 6 th May
2	Wed 18 th Feb	4	Wed 13 th May
3	Wed 25 th Feb (Strength & Conditioning Starts)	5	Wed 20 th May
4	Wed 4 th March	6	Wed 27 th May
5	Wed 11 th March	7	Wed 3 rd June
6	Wed 18 th March	8	Wed 10 th June
7	Wed 25 th March	9	Wed 17 th June
8	Wed 1 st April	10	Wed 24 th June
	Holidays 3 April – 20 April		Holidays 27 June – 12 July
	TERM 3 (@) GLTC Wednesday 6:15pm-7:45pm		TERM 4 (@) GLTC Wednesday 6:15pm-7:45pm
1	Wed 15 th July	1	Wed 7 th Oct
2	Wed 22 nd July	2	Wed 14 th Oct
3	Wed 29 th July	NO SESSION WED 21st OCTOBER DUE TO GEELONG CUP	
4	Wed 5 th August		
5	Wed 12 th August	3	Wed 28 th Oct
6	Wed 19 th August	4	Wed 4 th Nov
7	Academy Testing Week	5	Wed 11 th Nov
8	Wed 2 nd Sept	6	Wed 18 th Nov
9	Wed 9 th Sept	7	Wed 25 th Nov
10	Wed 16 th Sept	8	Wed 2 nd Dec

Holidays 19 Sept– 4 th Oct	Holidays December
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Session Details:

Venue: Geelong Lawn Tennis Club

Coaches: Ben Herde

Time: The S&C Component begins at 5:45pm. Please arrive in time for this aspect before the hitting session at 6:15pm.

Head Coach Adam Lasky: Mob: 0451857724

Program Manager; Jason Schoenmaekers Mob:

0407057376

Additional Information:

- Athletes must notify Adam Laskey or Jason Schoenmaekers if they are unable to attend the S&C session. Bring a towel and drink bottle to each session.