

Achieve Excel Inspire Respect



Providing excellent sporting programs in the Gold Coast Region



2017 GCAS BASKETBALL SCHEDULE

JUNE 2017	PROGRAM	VENUE / TIME
Monday 12 th	Training One	6pm -7:30 pm Southport State High School
Monday 19 th	Training Two	6pm -7:30 pm Southport State High School
School Break		
JULY 2017	PROGRAM	VENUE / TIME
Monday 10 th	Training Five Training Three Core Session - Body Maintenance	5:30pm -7:30 pm Southport State High School
Monday 17 th	Training Four	6pm -7:30 pm Southport State High School
Monday 24 th	Training Five Core session - Mental Toughness	5:30pm -7:30 pm Southport State High School
Monday 31 st	Training Six	6pm -7:30 pm Southport State High School
AUGUST 2017	PROGRAM	VENUE / TIME
Monday 7 th	Training Seven Core Session - Nutrition	5:30pm -7:30 pm Southport State High School
Monday 14 th	Training Eight	6pm -7:30 pm Southport State High School