

Achieve Excel Inspire Respect



Providing excellent sporting programs in the Gold Coast Region



2018 GCAS BASKETBALL SCHEDULE

JUNE 2018	PROGRAM	VENUE / TIME
Monday 11 th	Training One	6pm -7:30 pm Southport State High School
Monday 18 th	Nutrition / Body Maintenance	6pm -7:30 pm Southport State High School
Monday 25 th	Training Two	6pm -7:30 pm Southport State High School
School Break – June 29th – July 16th		
JULY 2018	PROGRAM	VENUE / TIME
Monday 16 th	Training Three	6pm -7:30 pm Southport State High School
Monday 23 rd	Training Four	6pm -7:30 pm Southport State High School
Monday 30 th	Training Five	6pm -7:30 pm Southport State High School
AUGUST 2018	PROGRAM	VENUE / TIME
Monday 6 th	Training Six <i>Core Session – Goal Setting / Strength and Conditioning</i>	6pm -7:30 pm Southport State High School
Monday 13 th	Training Seven	6pm -7:30 pm Southport State High School
Monday 20 th	Training Eight	6pm -7:30 pm Southport State High School

Schedules are subject to change