

Achieve Excel Inspire Respect



Providing excellent sporting programs in the Gold Coast Region



2017 GCAS AWD BASKETBALL SCHEDULE

OCTOBER 2017	PROGRAM	VENUE / TIME
Tuesday 10 th	Training One	6pm -7:30 pm Southport State High School
Tuesday 17 th	Training Two & Nutrition	6pm -7:30 pm Southport State High School
Tuesday 24 th	Training Three	6pm -7:30 pm Southport State High School
Tuesday 31 st	Training Four & Body Maintenance	6pm -7:30 pm Southport State High School
NOVEMBER 2017	PROGRAM	VENUE / TIME
Tuesday 7 th	Training Five	6pm -7:30 pm Southport State High School
Tuesday 14 th	Training Six	6pm -7:30 pm Southport State High School
Tuesday 21 st	Training Seven & Mental Toughness	6pm -7:30 pm Southport State High School
Tuesday 28 th	Training Eight	6pm -7:30 pm Southport State High School

Note: All trainings are subject to change.