

Achieve Excel Inspire Respect



Providing excellent sporting programs in the Gold Coast Region



## 2018 GCAS BASKETBALL SCHEDULE

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

**Schedules are subject to change**