

Achieve Excel Inspire Respect



Providing excellent sporting programs in the Gold Coast Region



2018 GCAS BASKETBALL SCHEDULE

JULY 2018	PROGRAM	VENUE / TIME
Monday 23 rd	Training One Nutrition / Body Maintenance	5pm -6:30 pm Southport State High School
Monday 30 th	Training Two	5pm -6:30 pm Southport State High School
AUGUST 2018	PROGRAM	VENUE / TIME
Monday 6 th	Training Three	5pm -6:30 pm Southport State High School
Monday 13 th	Training Four	5pm -6:30 pm Southport State High School
Monday 20 th	Training Five	5pm -6:30 pm Southport State High School
Monday 27 th	Training Six Core Session – Goal Setting / Strength and Conditioning	5pm -6:30 pm Southport State High School
SEPTEMBER 2018	PROGRAM	VENUE / TIME
Monday 3 rd	Training Seven	5pm -6:30 pm Southport State High School
Monday 10 th	Training Eight	5pm -6:30 pm Southport State High School
Monday 17 th	Training Nine	5pm -6:30 pm Southport State High School

Schedules are subject to change