

2023 Basketball Program Schedule

Thursday 6 th - Friday 7 th July		
Thursdy 6 th	PROGRAM	Presented by
8:40am	Arrival	
9 – 10.45am	Skill Development with Coaches	Phil & Brian
11 – 12 noon	Educational session 1 - Sport Psychology (performing under pressure)	Sports Psych QLD
LUNCH		
12.30 – 1pm	Discussion with Coaches	Team play / skill development
1– 2.15pm	Skill development with Coaches	Phil & Brian
2.15– 3.00pm	Educational session 2 – Pilates	Chantelle
Friday 7 th	PROGRAM	Presented by
8:40am	Arrival	
9 – 10.45am	Skill Development with Coaches	Phil & Brian
11.00 – 12 noon	Educational session 3 – Nutrition	Sammii
LUNCH		
12.30 – 1.15pm	Social media & branding	Annaleise
1.15 – 3.00pm	Skill Development with Coaches Educational	Phil & Brian
<p><u>COACHES</u> – PHIL SMYTH & BRIAN & TOBY KERLE <u>VENUE:</u> A.B. Paterson College 10 A B Paterson Dr, Arundel QLD 4214 Application link: https://form.jotform.com/231018567238861</p>		
<p>All presentations will be delivered by professional in their field. Both days will commence at 9.00am and conclude at 3.00pm. Ensure you arrive atleast 15 minutes before the session starts.</p> <p>PLEASE BRING OWN LUNCHES AND DRINKS.</p> <p><u>COST:</u> \$180.00 Over 5 hours of coaching by two former Australian players and coaches + professional presentations on topics of athletic importance to help performance and recovery!</p> <p><u>AGE:</u> 12 – 16 years boys & Girl</p>		