



Netball Academy Program Junior (12-14) Phase 2

Program Details		Time/ Venue
Program: Specialised skill development with sessions complimented by holistic topics to help performance and team play		
A.B. Paterson College		
Friday October 6th	Welcome and introduction Session 1 - Psychology (High performance thoughts and Personal Development) Court Session – Sheryl Burns	5:30 -6pm 6:00-7:30- pm
Friday October 13th	NO SESSION	N/A
Friday October 20th	Session 2 Full Court Session - Sheryl Burns	5:30-7:30pm
Friday October 27th	Session 3 Active recovery (Nordic boots, Recovery bands, foam rollers etc) Court Session - Sheryl Burns	5:30 -6pm 6:00-7:30pm
Friday November 3rd	Session 4 Full Court Session - Sheryl Burns	5:30-7:30pm
Friday November 10th	Session 5 Nutrition Meal planning Court Session	5:30 -6pm 6:00-7:30pm
Friday November 17th	Session 6 Ful Court Session - Sheryl Burns	5:30-7:30pm

Cost: \$290

Provided:
Uniform
Workbook / Training Diary

Location: A.B. Paterson College, 10 A B Paterson Dr, Arundel QLD 4214

Time: 5:30-7:30pm every Friday night (except 13th October)

Please note that on the evenings when a full court session is scheduled, training may finish by 7:15pm followed by a big warm down and coach chat/player progress review.