

2024 Netball Academy Program Senior (15-18)

Program Details		Time/ Venue
Friday Feb 2nd	Welcome & Introduction - Uniform and booklet handout Session 1 - Court Session	4.50-5:30pm 5.30– 7pm
Friday 9th Feb	Session 2 - Psych : Getting to know you/ Mindset/ Goal setting Court Session	5-5.45 pm 5.45 – 7pm
Friday 16th Feb	Session 3 S&C : Mini bands / running Court Session	5- 5.20 5.20– 7pm
Friday 23rd Feb	Session 4 – Nutrition : Female specific – Recipe development Court Session	5-5.45 pm 5.45 – 7pm
Friday 1st March	Session 5 Court Session	5– 7pm
Friday 8th March	Session 6 Confident communication for leaders Court Session	5 – 6.10pm 6.15 – 7pm
Friday 15th March	Session 7 Body Maintenance & Recovery : Practical session Foam rollers, trigger balls, floss bands, Normatec boots Court Session	5 – 6.10pm 6.15 – 7pm
Friday 22nd March	Session 8 Final court session – Game	5– 7pm
<p>8 Sessions inclusive of holistic development to sport looking at performance habits of athletes to work alongside the on-court sessions. <i>Workbook / Training Diary provided & full uniform</i></p> <p>Location: Marymount College, 261-283 Reedy Creek Rd, Burleigh Waters QLD 4220</p> <p>Time: 5-7pm every Friday night</p> <p>Cost: \$310</p> <p>Application link: https://form.jotform.com/223317857241860</p>		