

Phase 1 Junior Netball Academy Program (12-14)

Program Details		Time/ Venue
Friday May 3 rd	Session 1 Welcome and introduction Court Session	5.00– 7.00pm
Friday May 10 th	Session 2 Psychology: Who are you & understanding you goals Court Session	5-5.40pm 5.45 – 7pm
Friday May 17 th	Session 3 Mini bands and mobility warm up Court Session	5.00– 7.00pm
Friday May 24 th	Session 4 Body Maintenance and Recovery (active session - Foam rollers, trigger balls, floss bands, resistant bands, Normatec) Court Session	5-5.40pm 5.45 – 7pm
Friday May 31 st	Session 5 Mini bands and mobility warm up Court Session	5.00– 7.00pm
Friday June 7 th	Session 6 Nutrition (female specific) Court Session	5-5.40pm 5.45 – 7pm
Friday June 14 th	Session 7 Guest speaker Jo/Carol? Court Session	5-5.40pm 5.45 – 7pm
Friday June 21 st	Session 8 Court Session	5.00- 7.00pm
Specialised skill development with sessions complimented by holistic topics to help performance and team play ahead of Junior State Age 29 th June -2 nd July Workbook / Training Diary provided Location: Marymount College, 261-283 Reedy Creek Rd, Burleigh Waters QLD 4220 Time: 5-7pm every Friday night Cost: \$310		