2026 Junior Netball Academy Program (12-14 years)

Dates:	Program Details **Coaches:** Amanda Long & Kim Elliott	Time/ Venue
Friday 8th May	**Session 1** Welcome and introduction (Expectations, program outline, Uniform and Training diary) Testing – Vertical jump & 1 leg jump L & R, 10m Sprint and Illinois agility timing gates and Flexibility. VALD testing equipment will be used for the relevant tests. Culture & leadership Identification of goals – short term & long term **Court Session**	6-8.00pm
Friday 15th May	**Session 2** **Court Session** Body Maintenance and Recovery (Foam rollers, trigger balls, floss bands, resistant bands, Normatec) + Sports Strapping with Physio Test results review & Identify areas to improve	6 – 7.00 pm 7.00 – 7.30pm
Friday 22nd May	**Session 3** Mini bands for training & game activation **Court Session**	6 – 6.30 pm 6.30 – 7.30pm
Friday 29th May	**Session 4** **Court Session**	6 – 7.30pm
Friday 5th June	**Session 5** Nutrition (female specific) **Court Session**	6 – 6.30 pm 6.30 – 7.30pm
Friday 12th June	**Session 6** Psychology: Control the Controllables & mental resilience **Court Session**	6 – 6.30 pm 6.30 – 7.30pm

Friday 19th June	**Session 7** Retesting **Court Session**	6 – 7.30pm
Friday 26th June	**Session 8** **Court Session – Putting everything together – review of program**	6– 7.30pm

Workbook / Training Diary provided & GCAS Netball Singlet
Athletes are expected to wear black or navy-blue bottoms

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

Time: 6-7.30pm every Friday night from 6th May – 24th June

Due to lack of indoor court availability needed for the program time has changed to 6-7.30pm.
It is hoped to try and bring this time forward if possible.