Senior Netball Academy Program (15-18 years)

PROGRAM DETAILS		TIME/ VENUE
Wednesday 7th October	**Session 1** Welcome and introduction / VALD Performance testing **Court Session**	5.00– 6:30pm
Wednesday 14th October	**Session 2** Psychology: Control the controllables **Court Session**	5-5.40pm 5.40-6:30pm
Wednesday 21st October	**Session 3** **Court Session**	5:00-6:30pm
Wednesday 28th October	**Session 4** Pilates & Body Maintenance Recovery **Court Session**	5-5.40pm 5.40-6:30pm
Wednesday 4th November	**Session 5** **Court Session**	5-6:30pm
Wednesday 11th November	**Session 6** Nutrition (female specific) **Court Session**	5-5.40pm 5.40-6:30pm
Wednesday 18th November	**Session 7** Re-testing	5-6:30pm
Wednesday 25th November	**Session 8** **Final session**	5-6:30pm

PROGRAM DETAILS

Prepare for the upcoming representative season with our **Senior Netball Off-Season Development Program**, designed to help athletes develop both on and off the court.

The program focuses on building **confidence, game understanding, and decision-making**, while also providing athletes with the tools to succeed in representative environments. Off-court sessions will cover **mental preparation**, **nutrition for female athlete performance**, and include a **specialised recovery session** delivered at our partner, P3 Recovery Centre.

Athletes will also receive an **Academy sports journal** to support goal setting and reflection throughout the program, along with an **Academy singlet**.

This is an opportunity for athletes to head into representative trials feeling confident, prepared, and ready to perform.

Ages: 15-18 years of age
Cost: $300
Location: Coomera Indoor Centre
Coaches: Kim Elliot & Sua Endemann