



CENTRAL COAST ACADEMY OF SPORT

2017 Greater Bank Netball Program Schedule

November 2016	Program	Venue / Details
Monday 14th Nov	Athlete Applications close	Applications must be in by COB Monday
Wed 16th Nov	Selection Trial #1	Central Coast Grammar School 5:30pm - 7:30pm
Wed 23th Nov	Selection Trial #2	Central Coast Grammar School 5:30pm - 7:30pm (Selected Athletes only)
Wednesday 7th Dec	2017 CCAS Squad Announced	Letters to Athletes, CCAS Website (on or around)
BLOCK ONE - [January - April (Academy Games)]		
January 2017		
Sunday 22nd Jan	Orientation / Uniform Presentation Training Session 1	Central Coast Grammar School 8:00am - 11:00am
February 2017		
Sunday 12th Feb	Training Session 2 Dietician Core Eductaion	Central Coast Grammar School 8:00am - 11:30am
March 2017		
Sunday 5th March	Training Session 3 Social Media Core Education	Central Coast Grammar School 8:00am - 11:30am
Sunday 26th March	Training Session 4	Central Coast Grammar School 8:00am - 11:00am
April 2017		
Fri 7th - Sun 9th April	2017 ClubsNSW Academy Games	Central Coast (Div 1 - Niagara Park. Div 2 - CCGS) (Additional cost per athlete Est \$40.00)
Sunday 23rd April	Team Building Exercises	Tree Tops Adventure Park Time TBC (Est 9:00am - 12:00pm)





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BLOCK TWO - June to September

June 2017		
Sunday 4th June	Training session 5 -(Team selection Aust Youth Games - Maitland)	Central Coast Grammar School 8:00am - 11:00am
July 2017		
Sunday 9th July	Training Session 6 (Light due to State Age Preceeding)	Central Coast Grammar School 8:00am - 11:00am
Wed 12th July - Fri 14th July	Australian Youth Games - Maitland (TBC)	Maitland Federation Centre Time TBC
Sunday 30th July	Training Session 6 Guest Coach TBC	Central Coast Grammar School 8:00am - 11:00am
August 2017		
Sunday 20th August	Training Session 7 Financial Fitness Core Education	Central Coast Grammar School 8:00am - 11:30am
September 2017		
Sunday 17th Sept	Training Session 8 (Final)	Central Coast Grammar School 8:00am - 11:30am
September	Awards Evening / Function	TBC

***Please note that this schedule is subject to change.
Selected athletes will be advised of any amendments.***

