

2019 - 17U & 19U State Team Training Program



Date	Time	Program	Venue
JANUARY			
16 Jan 2019, Wednesday	6:00pm - 8:00pm	Training Session	State Netball Centre
18 Jan 2019, Friday	6:00pm-8:00pm	Fitness Testing & Training	State Netball Centre
19 Jan 2019, Saturday	8:00am-10:00am	Training Session	State Netball Centre
	10:30am - 12noon	Nutrition Session 17U & 19U Teams	Programs Room
23 Jan 2019, Wednesday	6:00pm-8:00pm	Training Session	State Netball Centre
25 Jan 2019, Friday	6:00pm-8:00pm	Training Session	State Netball Centre
26 Jan 2019, Saturday	Australia Day Weekend - Day Off		
30 Jan 2019, Wednesday	6:00pm - 8:00pm	Training Session	State Netball Centre
FEBRUARY			
01 Feb 2019, Friday	6:00pm-8:00pm	Training Session	State Netball Centre
02 Feb 2019, Saturday	9:30am-11:30am	FINAL TEAM SELECTION	State Netball Centre
06 Feb 2019, Wednesday	6:00pm - 8:00pm	Training Session	State Netball Centre
08 Feb 2019, Friday	6:00pm-8:00pm	Training Session - Metro League Starts	State Netball Centre
09 Feb 2019, Saturday	8:00am-10:00am	19U Training Session	State Netball Centre
	8.00am - 9.30am	17U Psych Session	Board Room SNC
	9.30am - 11.30am	17U Training Session	State Netball Centre
	10:00am - 11.30am	19U Psych Session	Board Room SNC
13 Feb 2019, Wednesday	6:00pm - 8:00pm	Training Session	State Netball Centre
15 Feb 2019, Friday	6:00pm-8:00pm	Training Session - Metro League	State Netball Centre
16 Feb 2019, Saturday	7:30am	<i>Coaches Meeting with WCF Coach</i>	<i>State Netball Centre</i>
	8:00am-10:00am	Training Session	State Netball Centre
20 Feb 2019, Wednesday	6:00pm - 8:00pm	Training Session	State Netball Centre
22 Feb 2019, Friday	6:00pm-8:00pm	Training Session - Metro League	State Netball Centre

Date	Time	Program	Venue
23 Feb 2019, Saturday	8:00am-10:00am	Training Session	State Netball Centre
	9:15am-10:15am 10:30am-12:00pm	Nutrition Sessions Managers 17U & 19U Nutrition Session	Programs Room
27 Feb 2019, Wednesday	6:00pm - 8:00pm	Training Session	State Netball Centre
MARCH			
01 Mar 2019, Friday	6:00pm-8:00pm	Training Session - Metro League	State Netball Centre
02 Mar 2019, Saturday	WA Day Holiday Weekend - Day Off		
06 Mar 2019, Wednesday	6:00pm - 8:00pm	Training Session	State Netball Centre
08 Mar 2019, Friday	6:00pm - 8:00pm	Training Session - Metro League	State Netball Centre
09 Mar 2019, Saturday	All day	State Team Camp	Metro
10 Mar 2019, Sunday	Finish @ 2:00pm	State Team Camp	Metro
13 Mar 2019, Wednesday	6:00pm - 8:00pm	Fitness Testing & Training	State Netball Centre
15 Mar 2019, Friday	6:00pm-8:00pm	Training Session - Metro League	State Netball Centre
16 Mar 2019, Saturday	8:00am - 10:00am	Training Session	State Netball Centre
18 Mar 2019, Monday	10:00am	<i>RSVP Closing date for State Team Farewell</i>	
20 Mar 2019, Wednesday	6:00pm - 8:00pm	Training Session	State Netball Centre
22 Mar 2019, Friday	6:00pm-8:00pm	Training Session - Metro League	State Netball Centre
23 Mar 2019, Saturday	8:00am-10:00am	Training Session	State Netball Centre
27 Mar 2019, Wednesday	6:00pm - 8:00pm	Training Session	State Netball Centre
29 Mar 2019, Friday	6:00pm-8:00pm	Training Session - Metro League	State Netball Centre
30 Mar 2019, Saturday	8:00am-10:00am	Training Session	State Netball Centre
APRIL			
03 Apr 2019, Wednesday	6:00pm - 8:00pm	Training Session	State Netball Centre
05 Apr 2019, Friday	6:00pm-8:00pm	Training Session - Metro League ends	State Netball Centre
06 Apr 2019, Saturday	8:00am-9:30am	Training Session	State Netball Centre
	10:00am-12noon	17U & 19U State Team Farewell	State Netball Centre
09 Apr 2019, Tuesday		Fly Out	Perth Airport
NATIONAL CHAMPIONSHIPS from Thursday 11 April to Tuesday 16 April, 2019 Brisbane, Queensland @ Queensland Academy of Sport			