



TERM 4 Training Schedule

Coach: Kelsen (K), Daisuke (D), Franky (F), William (W)

Day	Time	Group / Program	Location	Coaches / Notes
Monday	4:00 – 5:30 pm	U12 – Dribbling & Shooting	Sports Halls, Olympic Blvd, NSW 2127	D (Dribbling) K (Shooting) F (Assistant)
	5:30 – 7:00 pm	U14 – Dribbling & Shooting	Sports Halls, Olympic Blvd, NSW 2127	D (Dribbling) K (Shooting) F (Assistant)
Wednesday	4:30 – 6:00 pm	U14 – Outdoor Sports Performance	Wyatt Park Netball Court 8	D, K, F
Friday	4:45 – 6:45 pm	U10 – FUNdamental Rookies (Half Court)	USYD Cumberland Basketball Court	Victor
	4:45 – 6:45 pm	U12–U14 – Shooting Practice (FREE)	USYD Cumberland Basketball Court	Franky
Saturday	12:00 – 2:00 pm	U16 + U14 Sparks (Competitive Training)	Auburn PCYC	D, K, F
	2:00 – 4:00 pm	U14 Spirit & Grenades (Competitive Training)	Auburn PCYC	D, K, F, W
	4:00 – 6:00 pm	U12 Galeforce & Aces (Competitive Training)	Auburn PCYC	D, K, F, W