

| <div> <div> <div>ESP</div> <div>ENGINE+SKILLS=PLAY</div> <div>NETBALL</div> </div> <div> <div>ESP Netball Senior Program</div> <div>Weekly Training Schedule</div> <div>In-season Training Period</div> <div>29 April - 17 June 2025</div> </div> </div> |  |        |   |           |          |   |
|--|--|--------|---|-----------|----------|---|
|  |  | Monday | Tuesday   | Wednesday | Thursday | Friday  |
| What<br>When<br><br>Where<br>Who   |  |        | Strength & Power                                |           |          | Strength & Power                                  |
|  |  |        | 6:30 - 7:30am                                   |           |          | 6:30 - 7:30am                                     |
|  |  |        | coachAl academy, 15<br>Exeter Way, Caloundra    |           |          | Suncoast Hitroom, 84<br>Wises Rd,<br>Maroochydore |
|  |  |        | Caloundra players                               |           |          | SCNA Players                                      |
|  |  |        |   |           |          |   |
| What<br>When<br><br>Where<br>Who   |  |        | 90 min court session                            |           |          |   |
|  |  |        | 4:00 - 5:30pm                                   |           |          |   |
|  |  |        | SCNA Courts,<br>Fisherman's Rd,<br>Maroochydore |           |          |   |
|  |  |        | ALL Players                                     |           |          |   |