



NITP Elite Boy's squad 2018

Training program		
Monday	5.45 pm to 6.30 pm	Strength and Conditioning
	6.30 pm to 8.00 pm	On-Court
Thursday	5.00 pm to 6.30 pm	On-Court
	6.30 pm to 7.15 pm	Strength and Conditioning

Week	Day	Date	Venue
1	Monday	12 February 2018	Magill Sports Centre
	Thursday	15 February 2018	Magill Sports Centre
2	Monday	19 February 2018	Magill Sports Centre
	Thursday	22 February 2018	Magill Sports Centre
3	Monday	26 February 2018	Magill Sports Centre
	Thursday	1 March 2018	Magill Sports Centre
4	Monday	5 March 2018	Magill Sports Centre
	Thursday	8 March 2018	Magill Sports Centre
5	Thursday	15 March 2018	Magill Sports Centre
6	Monday	19 March 2018	Magill Sports Centre
	Thursday	22 March 2018	Magill Sports Centre
7	Monday	26 March 2018	Magill Sports Centre
	Thursday	5 April 2018	Magill Sports Centre
8	Monday	9 April 2018	Magill Sports Centre
	Thursday	12 April 2018	Magill Sports Centre
<i>School Holidays - 13 April – 30 April 2018</i>			
9	Monday	14 May 2018	Magill Sports Centre
	Thursday	21 May 2018	Magill Sports Centre
10	Monday	25 May 2018	Magill Sports Centre
	Thursday	28 May 2018	Magill Sports Centre
11	Monday	4 June 2018	Magill Sports Centre
<i>Long weekend 9 – 11 June 2018</i>			
12	Monday	18 June 2018	Magill Sports Centre
13	Monday	25 June 2018	Magill Sports Centre
	Thursday	28 June 2018	Magill Sports Centre
14	Monday	2 July 2018	Magill Sports Centre
<i>School Holidays – 6 July – 23 July 2018</i>			
15	Monday	23 July 2018	Magill Sports Centre
	Thursday	26 July 2018	Magill Sports Centre
16	Monday	30 July 2018	Magill Sports Centre
17	Monday	6 August 2018	Magill Sports Centre

Training program		
Monday	5.45 pm to 6.30 pm	Strength and Conditioning
	6.30 pm to 8.00 pm	On-Court
Thursday	5.00 pm to 6.30 pm	On-Court
	6.30 pm to 7.15 pm	Strength and Conditioning

Week	Day	Date	Venue
	Thursday	9 August 2018	Magill Sports Centre
18	Monday	13 August 2018	Magill Sports Centre
	Thursday	16 August 2018	Magill Sports Centre
19	Monday	20 August 2018	Magill Sports Centre
	Thursday	23 August 2018	Magill Sports Centre
20	Monday	27 August 2018	Magill Sports Centre
	Thursday	30 August 2018	Magill Sports Centre
21	Monday	3 September 2018	Magill Sports Centre
	Thursday	6 September 2018	Magill Sports Centre
22	Monday	10 September 2018	Magill Sports Centre
	Thursday	13 September 2018	Magill Sports Centre
	Saturday	15 September 2018 <i>*Fitness Testing* 9am – 4pm</i>	Magill Sports Centre
23	Monday	17 September 2018	Magill Sports Centre
	Thursday	20 September 2018	Magill Sports Centre
24	Monday	25 September 2018	Magill Sports Centre
	Thursday	28 September 2018	Magill Sports Centre
School Holidays – 28 September – 15 October 2018			
25	Monday	15 October 2018	Magill Sports Centre
	Thursday	18 October 2018	Magill Sports Centre
26	Monday	22 October 2018	Magill Sports Centre