



<b>NITP Elite Girl's squad 2018</b>
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<b>Training program</b>		
<b>Monday</b>	5.00 pm – 6.30 pm	On-Court
	6.30 pm to 7.15 pm	Strength and Conditioning
<b>Thursday</b>	5.45 pm to 6.30 pm	Strength and Conditioning
	6.30 pm to 8.00 pm	On-Court

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

<b>Training program</b>		
<b>Monday</b>	<b>5.00 pm – 6.30 pm</b>	<b>On-Court</b>
	<b>6.30 pm to 7.15 pm</b>	<b>Strength and Conditioning</b>
<b>Thursday</b>	<b>5.45 pm to 6.30 pm</b>	<b>Strength and Conditioning</b>
	<b>6.30 pm to 8.00 pm</b>	<b>On-Court</b>

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