



NITP Emerging Girl's squad 2018
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Training program	5.00 pm – 6.30 pm	On-Court
	6.30 pm to 7.15 pm	Strength and Conditioning

Week	Day	Date	Venue
1	Tuesday	13 February 2018	Magill Sports Centre
2	Tuesday	20 February 2018	Magill Sports Centre
3	Tuesday	27 February 2018	Magill Sports Centre
4	Tuesday	6 March 2018	Magill Sports Centre
5	Tuesday	13 March 2018	Magill Sports Centre
6	Tuesday	20 March 2018	Magill Sports Centre
7	Tuesday	27 March 2018	Magill Sports Centre
8	Tuesday	3 April 2018	Magill Sports Centre
9	Tuesday	10 April 2018	Magill Sports Centre
<i>School Holidays - 13 April – 30 April 2018</i>			
10	Tuesday	15 May 2018	Magill Sports Centre
11	Tuesday	22 May 2018	Magill Sports Centre
12	Tuesday	29 May 2018	Magill Sports Centre
13	Tuesday	5 June 2018	Magill Sports Centre
<i>Long weekend 9 – 11 June 2018</i>			
14	Tuesday	19 June 2018	Magill Sports Centre
15	Tuesday	26 June 2018	Magill Sports Centre
16	Tuesday	3 July 2018	Magill Sports Centre
<i>School Holidays –6 July – 23 July 2017</i>			
17	Tuesday	24 July 2018	Magill Sports Centre
18	Tuesday	31 July 2018	Magill Sports Centre
19	Tuesday	7 August 2018	Magill Sports Centre
20	Tuesday	14 August 2018	Magill Sports Centre
21	Tuesday	21 August 2018	Magill Sports Centre
22	Tuesday	28 August 2018	Magill Sports Centre
23	Tuesday	4 September 2018	Magill Sports Centre
24	Tuesday	11 September 2018	Magill Sports Centre
	<i>Saturday</i>	<i>15 September 2018</i> <i>*Fitness Testing* 9am – 4pm</i>	<i>Magill Sports Centre</i>
25	Tuesday	18 September 2018	Magill Sports Centre
26	Tuesday	25 September 2018	Magill Sports Centre
<i>School Holidays – 28 September – 15 October 2018</i>			
27	Tuesday	16 October 2018	Magill Sports Centre
28	Tuesday	23 October 2018	Magill Sports Centre