

EVOLUTION NETBALL

TRAINING SCHEDULES



2017-2018 SEASON

EVOLUTION NETBALL **AGE GUIDE**

TEAM	GUIDE
MAGIC	8 – 11 YEARS OLD
MYSTICS	10 – 13 YEARS OLD
VIXENS	12 – 15 YEARS OLD
SWIFTS	14 – 17 YEARS OLD
FIREBIRDS	18+

YOU'RE CHILD'S TEAM IS DETERMINED BY THEIR AGE AS WELL AS THEIR TECHNICAL ABILITY AND NETBALL EXPERIENCE.

PLAYERS MAY BE ASKED TO MOVE TO A DIFFERENT TEAM AT ANY STAGE OF THE SEASON TO ALIGN WITH THEIR RESPECTIVE ABILITIES AND DEVELOPMENT, AS PER THE COACH'S DISCRETION.

EVOLUTION NETBALL

TRAINING SCHEDULE 2017/2018



TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAGIC	5.30-6.30 RUGBY CLUB		4.00-5.00 RUGBY CLUB				
MYSTICS	5.30-6.30 RUGBY CLUB		4.00-5.00 RUGBY CLUB				
VIXENS		4.00-5.30 RUGBY CLUB		ACADEMY RUGBY CLUB			4.00-5.30 SPORTS HALL
SWIFTS	6.30-8.00 SPORTS HALL			ACADEMY RUGBY CLUB			5.30-7.00 SPORTS HALL
FIREBIRDS			6.00-7.30 RUGBY CLUB				