



EVOLUTION NETBALL ACADEMY

TRAINING SCHEDULES

AGE GUIDE



AGE GROUP

AGE AS OF SEPT 1ST 2023

UNDER 13

11-12 YEARS OLD

UNDER 15

13-14 YEARS OLD

UNDER 19

15 - 18 YEARS OLD

YOUR CHILD'S AGE GROUP IS DETERMINED BY THEIR AGE AS OF SEPTEMBER 1ST, 2023.

PLEASE NOTE THAT YOUR CHILD WILL STAY IN THE SAME AGE GROUP FOR THE ENTIRETY OF THE 2023/2024 SEASON (MUCH LIKE SCHOOL GRADES).

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 COACHES DISCRETION.

ACADEMY



TEAM	SUNDAY	MONDAY	WEDNESDAY	FRIDAY
UNDER 13 STORM	-	4.30 - 6.00pm	LEAGUE MATCH	7.30 - 9.30am
UNDER 15 VIXENS	-	4.30 - 6.00pm	LEAGUE MATCH	7.30 - 9.30am
UNDER 19 SWIFTS	5.45 - 7.15pm	LEAGUE MATCH	-	7.30 - 9.30am
UNDER 19 THUNDER	5.45 - 7.15pm	LEAGUE MATCH	-	7.30 - 9.30am