



# 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 2022/2023 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	-	4.00 - 5.30 PM	LEAGUE MATCH	7.30 - 9.30 AM
UNDER 15 PULSE	-	4.00 - 5.30 PM	LEAGUE MATCH	7.30 - 9.30 AM
UNDER 15 VIXENS	-	LEAGUE MATCH	4.00 - 5.30 PM	7.30 - 9.30 AM
UNDER 19 SWIFTS	5.15 -6.45 pm	LEAGUE MATCH	-	7.30 - 9.30 AM
UNDER 19 THUNDER	5.15 -6.45 pm	LEAGUE MATCH	-	7.30 - 9.30 AM