

**EV**



**EVOLUTION  
NETBALL  
AL WAJBA**

**TRAINING SCHEDULES**

# AGE GUIDE



## AGE GROUP

## AGE AS OF SEPT 1ST 2023

**UNDER 8**

**6 - 7 YEARS OLD**

**UNDER 10**

**8 - 9 YEARS OLD**

**UNDER 12**

**10 - 11 YEARS OLD**

**UNDER 14**

**12 - 13 YEARS OLD**

**YOUTH**

**14 - 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.**

# DEVELOPMENT



TEAM	SUNDAY	TUESDAY	THURSDAY
UNDER 9 ROSES	4.30 -5.45 pm	-	4.30 -5.45 pm
UNDER 11 FEVER	4.30 -5.45 pm	-	4.30 -5.45 pm
UNDER 11 STEEL	-	4.30 -5.45 pm	4.30 -5.45 pm
UNDER 13 JETS	4.30 -5.45 pm	-	5.45 - 7 pm
UNDER 13 GIANTS	-	4.30 -5.45 pm	5.45 - 7 pm

# DEVELOPMENT



TEAM	SUNDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>UNDER 15 LIGHTENING</b>	<b>4.30 -5.45 pm</b>	-	-	<b>5.45 - 7 pm</b>
<b>UNDER 15 FIREBIRDS</b>	-	<b>4.30 -5.45 pm</b>	-	<b>5.45 - 7 pm</b>
<b>UNDER 19 DIAMONDS</b>	<b>5.45 - 7.00 pm</b>	-	<b>League Match</b>	-