

**EV**



**EVOLUTION  
NETBALL  
AL WAJBA**

**TRAINING SCHEDULES**

# AGE GUIDE



## AGE GROUP

## AGE AS OF SEPT 1ST 2023

**UNDER 9**

**6 - 8 YEARS OLD**

**UNDER 11**

**9-10 YEARS OLD**

**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.**

# DEVELOPMENT



TEAM	SUNDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>UNDER 9 ROSES</b>	<b>4.00 - 5.15 PM</b>	-	-	<b>4.00 - 5.15 PM</b>
<b>UNDER 11 FEVER</b>	<b>4.00 - 5.15 PM</b>	-	-	<b>4.00 - 5.15 PM</b>
<b>UNDER 11 STEEL</b>	-	<b>4.00 - 5.15 PM</b>	-	<b>4.00 - 5.15 PM</b>
<b>UNDER 13 JETS</b>	<b>4.00 - 5.15 PM</b>	-	-	<b>5.15 - 6.30 PM</b>
<b>UNDER 13 GIANTS</b>	-	<b>4.00 - 5.15 PM</b>	-	<b>5.15 - 6.30 PM</b>
<b>UNDER 15 LIGHTENING</b>	<b>4.00 - 5.15 PM</b>	-	-	<b>5.15 - 6.30 PM</b>
<b>UNDER 15 FIREBIRDS</b>	-	<b>4.00 - 5.15 PM</b>	-	<b>5.15 - 6.30 PM</b>
<b>UNDER 19 DIAMONDS</b>	<b>5.15 - 6.30 PM</b>	-	<b>LEAGUE MATCH</b>	-