

EV



**EVOLUTION
NETBALL
DESS**

TRAINING SCHEDULES TERM THREE

AGE GUIDE



AGE GROUP

AGE AS OF SEPT 1ST 2023

UNDER 7

5-6 YEARS OLD

UNDER 9

7- 8 YEARS OLD

UNDER 11

9-10 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	MONDAY	WEDNESDAY
UNDER 7 SIRENS	3.30- 4.30 PM	3.30- 4.30 PM
UNDER 9 STARS	3.30- 4.30 PM	3.30- 4.30 PM
UNDER 11 MAGIC	3.30- 4.30 PM	4.30 - 5.30 PM

All DESS sessions will be indoors

Mondays - Small Gym (Next to the library)

Wednesdays - Multi Purpose Hall (MPH)