



CALENDAR FOR 2024/25 SEASON

Open to all UWALAC U14 to U17 athletes

Events are subject to change. All changes will be advised.

Description	Type	Date	Comments
Adventure World	<i>Social</i>	Sat 9/11/24	Depart McGillivray on bus after competition. Return 5pm to McGillivray. Drinks and snacks provided. BOOKINGS NOW CLOSED
Strive Meet	<i>Pathway</i>	Fri 8/11/24	6pm – 9pm Strive 3 Program C WA Athletics Stadium
Diamond Talk	<i>Training/Events</i>	Thurs 14/11/24 6-6.30pm	Talk S and C, Cert 3 and 4, testing, recovery, see the gym at McGillivray (30 mins)
Diamond Testing and recovery		Saturday 30/11	\$30 for testing and recovery combined
Nutrition Talk	<i>Training/events</i>	Tues 28/11/24	With Mia Mather
Gym Visit #1	<i>Training/events</i>	16-20/12/24	Use Diamond Gym
Gym Visit #2	<i>Training/events</i>	6-11/1/25	Use Diamond Gym
Recovery session #2	<i>Training/events</i>	Tues 3/12/24	Use Diamond Recovery Centre
Beach Cricket	<i>Social</i>	Sat 8/2/25	Saturday after comp. City Beach – Drinks and Snacks provided
Pool Session #1	<i>Training/events</i>	TBC – Feb	With Sarah Hynes
Recovery session #2	<i>Training/events</i>	TBC- March	Use Diamond Recovery Centre
Strive Meet	<i>Pathway</i>	Wed 26/2/25 TBC	6pm – 9pm Strive 15 Program A WA Athletics Stadium
Headway- two sessions	<i>Training/events</i>	Thurs 6/3/25	TBC