



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
Diamond High Performance Gym Talk	<i>Training/Events</i>	Thurs 31/10/24	Location: Diamond Gym Osborne Park Talk by trainer, info on Cert 3 and 4, view recovery area and the gym. Testing optional extra - \$30
Strive Meet – Come & Try	<i>Pathway</i>	Fri 8/11/24	6pm – 9pm Strive 3 Program C WA Athletics Stadium – Designated Come & Try. Registrations open 3 weeks prior to event
Adventure World	<i>Social</i>	Sat 9/11/24	Depart McGillivray on bus after competition. Return 5pm to McGillivray. Drinks and snacks provided. Tickets on Trybooking to be booked by October TBC
Nutrition Talk by Move with Mia	<i>Training/events</i>	Tues 12/11/24	Location: WAIS room
Gym Visit #1	<i>Training/events</i>	Tues 29/11/24	Location: Diamond Gym Guided gym session
Recovery session #1	<i>Training/events</i>	Tues 3/12/24	TBC
Strive Meet – Come & Try	<i>Pathway</i>	8/2/2025	4pm to 7pm. Strive 15 Special Program B – Designated Come & Try Registrations open 3 weeks prior to event
Pool Session #1	<i>Training/events</i>	TBC – Feb	With Sarah Hynes
Recovery session #2	<i>Training/events</i>	TBC- March	TBC
Gym Visit #2	<i>Training/events</i>	Tues 18/2/25	Location: Diamond Gym Guided gym session
Beach Cricket	<i>Social</i>	Sat 22/2/25	Saturday after comp. City Beach – Drinks and Snacks provided
Headway	<i>Training/events</i>	TBC	TBC