

***Targeted Sports Program***

***Basketball - Term 3 2020***

* Outlined in the table below is the program students involved in the Basketball Targeted Sports Program (TSP) will be following during Term 3. The program has been developed to build up individual’s skills through cross training techniques as well as sport specific sessions. Each member of the program needs to use this outline as a guide and be prepared for the relevant session with the appropriate gear listed.

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|  | ACTIVITY | EQUIPMENT |
| **Week 1**  **21/7/20** | Speed and Agility session – Breakers stadium  **With Alta Athletic – Tim Knight/Layne Fletcher** | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 2**  **28/7/20** | Sports Specific – Breakers stadium  **With SWISH TECHNICS – Jared Scoines** | Basketball shoes, Drink bottle, Towel, Full PE uniform |
| **Week 3**  **4/8/20** | Fitness session – School/Duffy’s Oval  **With Fired up Fitness – Ben Ziekenheiner/ Kane Hennessey** | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 4**  **11/8/20** | Sports Specific – Breakers stadium  **With SWISH TECHNICS – Jared Scoines** | Basketball shoes, Drink bottle, Towel, Full PE uniform |
| **Week 5**  **18/8/20** | Girls – Aquarobics at **5 Star Swim Centre Erina. Bus leaves at 12.30pm**  Boys – Martial Arts at Terrigal High School with **One Martial Arts Terrigal.** | Towel, costumes, Full PE uniform  Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 6**  **25/8/20** | Sports Specific – Breakers stadium  **With SWISH TECHNICS – Jared Scoines** | Basketball shoes, Drink bottle, Towel, Full PE uniform |
| **Week 7**  **1/9/20** | Proposed Gala Day with local high schools  Venue TBC  All day event | Full PE uniform |
| **Week 8**  **8/9/20** | Sports Specific - Breakers stadium  **With SWISH TECHNICS – Jared Scoines** | Basketball shoes, Drink bottle, Towel, Full PE uniform |
| **Week 9**  **15/9/20** | TBC | TBC |
| **Week 10**  **22/9/20** | Sports Specific – Breakers stadium  **With SWISH TECHNICS – Jared Scoines** | Basketball shoes, Drink bottle, Towel, Full PE uniform |