

# ELEVATE / August

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Screening Session State Netball Centre	15	16 Gym Session State Netball Centre	17
18 Court & Gym Session State Netball Centre	19	20	21 Specialist Session State Netball Centre	22	23 Gym Session State Netball Centre	24
25 Court & Gym Session State Netball Centre	26	27	28 Court Session State Netball Centre	29	30 Gym Session State Netball Centre	31

- Calendar is subject to change. Notification will be provided by Head Coach or Netball Victoria staff via email.

# ELEVATE / September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Court & Gym Session State Netball Centre	2	3	4 Court Session State Netball Centre	5	6 Gym Session State Netball Centre	7
8 Court & Gym Session State Netball Centre	9	10	11 Specialist Session State Netball Centre	12	13 Gym Session State Netball Centre	14
15 Court & Gym Session State Netball Centre	16	17	18 Court Session State Netball Centre	19	20 Home Program	21
22 Home Program	23	24	25 Home Program	26	27 Home Program	28
29 Home Program	30					

- Calendar is subject to change. Notification will be provided by Head Coach or Netball Victoria staff via email.

# ELEVATE / October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Court Session State Netball Centre	3	4 Gym Session State Netball Centre	5 Melbourne Cup Long Weekend
6 Melbourne Cup Long Weekend	7 Melbourne Cup Long Weekend	8 Melbourne Cup Long Weekend	9 Court Session State Netball Centre	10	11 Gym Session State Netball Centre	12
13 Court & Gym Session State Netball Centre	14	15	16 Specialist Session State Netball Centre	17	18 Gym Session State Netball Centre	19
20 Court & Gym Session State Netball Centre	21	22	23 Court Session State Netball Centre	24	25 Gym Session State Netball Centre	26
27 Court & Gym Session State Netball Centre	28	29	30 Court Session State Netball Centre	31		

- Calendar is subject to change. Notification will be provided by Head Coach or Netball Victoria staff via email.

# ELEVATE / November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Gym Session State Netball Centre	2
3 Court & Gym Session State Netball Centre	4	5	6 Court Session State Netball Centre	7	8 Gym Session State Netball Centre	9
10 Court & Gym Session State Netball Centre	11	12	13 Court Session State Netball Centre	14	15 Gym Session State Netball Centre	16
17 Court & Gym Session State Netball Centre	18	19	20 Specialist Session State Netball Centre	21	22 Fast 5 Tournament State Netball Centre	23
24	25	26	27	28	29	30

- Calendar is subject to change. Notification will be provided by Head Coach or Netball Victoria staff via email.

- Calendar is subject to change. Notification will be provided by Head Coach or Netball Victoria staff via email.