



## WA State 19U Trial Run Sheet

**VENUE** Gold Netball Centre – 200 Selby Street, Jolimont

**DATE** Saturday 23 October 2021

**WEAR** **Black singlet and black shorts.**

Arrive on time to register and put a number on your leg.

Testing will occur first so shoes can be off for weighing.

Important note: players are NOT to wear any identifying WANL/State/WAIS or other representative team attire.

**BRING** Strapping tape or ankle braces, water bottle, towel, snacks, lunch and any medications required.

TIME	ITEM	NOTES
8:30 AM	Registrations Open	Name ticked off and number written on leg.
8:45 AM to 9:30 AM	Fitness Testing	Groups will move through weighing, height, vertical jump, and yoyo.
There will be recovery time between testing and match play so you can strap/ brace after testing.		
9:30 AM	Briefing	
9:45 AM	Warm up	
10:00 AM	Match Play	
12:30 PM	Match Play concludes	

**Please note all times are subject to change and finishing time is approximate.**

Successful names to be placed on the Netball WA website at

5pm on Wednesday 27 October 2021.

