

# YOU CAN STILL PLAY REPS FOR THE BEARS IN 2011!

## EXTRA TRAINING SESSIONS ARE NOW AVAILABLE

Due to the overwhelming response to our initial launch, Norths is now offering a three week program to run concurrently with our four week program. Beginning Monday 6<sup>th</sup> September players will have the chance to get in early and impress the selectors ahead of representative trials to be held in October.

Places will be made available via the [NSBA Online Store](#) from 4:30pm, Friday 27<sup>th</sup> August

**Where:** North Sydney Indoor Sports Centre, 36 Hume Street, Crows Nest

**Training Schedule:** All sessions run from 5:45pm – 7pm  
Monday – U/14  
Wednesday - U/12  
Thursday - U/16

**Cost:** \$65 per player. All participants will receive a workout diary and drink bottle.

For more information visit [www.nsba.com.au](http://www.nsba.com.au) or contact NSBA on 9906 7877