

# STATE CHAMPIONSHIPS TRAINING PLAN Wk5

TUES 2nd Dec	Time	Court 1	Court 2	Court 3	Court 4	Court 5	Court 6	Court 7	Court 8
	5.00-6.30pm							Rick	U17-2G 5.00-6.30pm
	6.30-8.00pm							NBL1 M open run	NBL1 M open run
	8-9.00							6.30-8.30pm	6.30-8.30pm

Thurs 4th Dec	Time	Court 1	Court 2	Court 3	Court 4	Court 5	Court 6	Court 7	Court 8
	5pm -6.30pm	U13-2B	U13-3B	U13-4B	U11-2G	U11-3G	U11-4G	U15-3G	U15-4G
	6.30-8.30pm	U17-2G 6.30-8.00pm	U20-2W	U17-3G	U17-4G	U19-2M			

The 2025 *Fuel to Go and Play* BWA State Championships dates are:

**6/7 December 2025** – U13 Boys, U17 Girls, U19 Boys & U20 Girls (Divisions 2–5) @ Bendat & Warwick

**13/14 December 2025** – U11 Girls & U15 Girls (Divisions 2–5) @ Bendat