



COME TRAIN

WITH US

**INTAKE A (2023)**

December 11, 12 & 17

**INTAKE B (2024)**

January 15, 16 & 21



The "Come Train With Us" WNBL experience consists of three days of immersion into the life of a WNBL Athlete and insights into what it takes to play professional basketball.

This program is tailored for elite junior females to experience a professional WNBL athlete environment. The experience includes unprecedented access to our Boomers athletes.

This time around we are holding two Come Train With Us Experiences. One in December and one in January (Dates below).

### THE 3-DAY PROGRAM STRUCTURE CONSISTS OF:

## DAY 1&2

- Personal sessions with our Boomers athletes
- On-court skill assessment and development
- On-Court game simulation
- Video analysis
- Recovery, Nutrition, Strength and Conditioning
- Lunch with the Boomers team

## DAY 3

- Attendance at WNBL game as guests of Boomers
- Pre-game preparation including opposition analysis
- Access to game-day tactics
- Game debrief and review post game





# DATES

## INTAKE A (2023)

**DECEMBER 11 & 12 | 9 - 4pm**

At Melbourne Sports Centre Parkville  
(Boomers training centre next to Melbourne Zoo)

**DECEMBER 17 | 2 - 6pm**

At Melbourne Sports Centre Parkville  
– Deakin Melbourne Boomers vs Adelaide Lightning

## INTAKE B (2024)

**JANUARY 15 & 16 | 9 - 4pm**

At Melbourne Sports Centre Parkville  
(Boomers training centre next to Melbourne Zoo)

**JANUARY 21 | 2 - 6pm**

At Melbourne Sports Centre Parkville  
– Deakin Melbourne Boomers vs Southside Flyers



# APPLICATIONS

## REGISTRATION FEE:

The registration fee is \$890. There is an early bird offer of \$799 for registrations received (and paid) by end of October.

## INCLUSIONS:

- All coaching & program resources
- Lunch on Day 1 and 2
- Boomers membership for 23/24 season
- Academy Uniform

**This program is suitable for girls aged 12-16yo and advanced players. Space is limited to 30 players for each program.**

## HOW TO APPLY:

This program is via application only. You are required to complete the application form and send this to the Boomers Academy Manager at [academy@melbourneboomers.com.au](mailto:academy@melbourneboomers.com.au) by November 1 (both programs). Successful applicants will be contacted via email.

[DOWNLOAD FORM](#)

