



**GOLD COAST
ACADEMY OF SPORT**

2018 U16 TOUCH FOOTBALL PROGRAM

FEBRUARY 2018	PROGRAM	VENUE / TIME
Monday 26 th	Training One	4:15pm – 5:45pm Southport State High School
Wednesday 28 th	Training Two	4:15pm – 5:45pm Southport State High School
MARCH 2017	PROGRAM	VENUE / TIME
Monday 5 th	Training Three	4:15pm – 5:45pm Southport State High School
Monday 12 th	Training Four Core Session One - Goal Setting	4:15pm – 5.30pm Southport State High School 5:30pm – 6.15pm Classroom
Wednesday 14 th	Training Five	4:15pm – 5:45pm Southport State High School
Monday 19 th	Training Six Core Session Two - Body Maintenance	4:15pm – 5.30pm Southport State High School 5:30pm – 6.15pm Classroom
Wednesday 21 st	Training Seven	4:15pm – 5:45pm Southport State High School
Monday 26 th	Training Eight Core Session Three – Nutrition/Hydration	4:15pm – 5.30pm Southport State High School 5:30pm – 6.15pm Classroom
Wednesday 28 th	Training Nine- Final Session	4:15pm – 5:45pm Southport State High School

NOTE : All sessions are subject to change should the need arise.

*Please note that the last three Monday sessions of the program are extended to include educational sessions after the practical work.

