



**GOLD COAST
ACADEMY OF SPORT**

2018 FUTURE STARS PROGRAM

SCHEDULE

MAY 2018	PROGRAM	VENUE / TIME
Friday 11th	Orientation & Training One /Screening	5.30 - 7.30pm Runaway Bay Sports Super Centre
Friday 18th	Core Session 1 :(Body Maintenance)	5.30 - 7.30pm Runaway Bay Sports Super Centre
JUNE 2018	PROGRAM	VENUE / TIME
Friday 8th	Core Session 2 :(Positive Psyc & Mental Toughness)	5.30 - 7.30pm Runaway Bay Sports Super Centre
Friday 22nd	Training Two - Physical session	5.30 - 7.30pm Runaway Bay Sports Super Centre
School Holidays 29th June - 16th July		
JULY 2018	PROGRAM	VENUE / TIME
Friday 20th	Core Session 3 Nutrition + supplements	5.30 - 7.00pm Runaway Bay Sports Super Centre
Friday 27th	Training Three + Goal setting (Casey)	5.30 - 7.00pm Runaway Bay Sports Super Centre
AUGUST 2018	PROGRAM	VENUE / TIME
Friday 10th	Training Four + Core Session 4 - Body Maintenance 2	5.30 - 7.30pm Runaway Bay Sports Super Centre
Friday 24th	Training Five + Core 5 (Coping Skills)	5.30 - 7.30pm Runaway Bay Sports Super Centre
SEPTEMBER 2018	PROGRAM	VENUE / TIME
Friday 7th	Training Six + Core Session 6 (Study Skills + Time Management)	5.30 - 7.30pm Runaway Bay Sports Super Centre
Friday 14 th	Training Seven	5.30 - 7.30pm Runaway Bay Sports Super Centre
Friday 21st	Training Eight + Core Session Personal Development (resistance to social pressure - (Social Media etc))	5.30 - 7.30pm Runaway Bay Sports Super Centre
School Holidays 22nd September - October 7th		
OCTOBER 2018	PROGRAM	VENUE / TIME
Friday 5th	Training Nine + Core Session Personal Development (resume / jobs)	5.30 - 7.30pm Runaway Bay Sports Super Centre
Friday 12th	Training Ten – Final Session	5.30 - 7.30pm Runaway Bay Sports Super Centre