



**GOLD COAST
ACADEMY OF SPORT**

2019 U12 RUGBY UNION PROGRAM

JANUARY 2019	PROGRAM	VENUE / TIME
Wednesday 30 th	Core Session 1 & 2 : Warm up , Strength & conditioning & Nutrition	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
FEBRUARY 2019	PROGRAM	VENUE / TIME
Monday 4 th	Training One	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
Thursday 7 th	Training Two	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
Monday 11 th	Training Three	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
Thursday 14 th	Training Four	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
Monday 18 th	Training Five	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
Thursday 21 st	Training Six	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
Monday 25 th	Core Session 3 & 4 : Body Maintenance & Goal Setting/ Mental Toughness	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
Thursday 28 th	Training Seven	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
MARCH 2019	PROGRAM	VENUE / TIME
Monday 4 th	Training Eight	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
Thursday 7 th	Training Nine	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
Monday 11 th	Training Ten	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
Thursday 14 th	Training Eleven	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
Monday 18 th	Training Twelve	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines
Thursday 21 st	Training Thirteen	Arrive at 4:45pm for 5pm - 6:30pm RACV Royal Pines

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

Friendly Match TBA