



**GOLD COAST
ACADEMY OF SPORT**

2020 BMX PROGRAM

SCHEDULE

12 – 16 Age Group Program		
AUGUST 2020	PROGRAM	VENUE / TIME
Monday 3 rd	Training One – (lecture Nutrition 2 nd)	5pm – 7pm Nerang BMX Club
Monday 10 th	Training Two – (Recovery and Rehab lecture 2 nd)	5pm – 7pm Nerang BMX Club
Monday 17 th	Training Three – (Sports Psychology 2 nd lecture)	5pm – 7pm Nerang BMX Club
Monday 24 th	Training Four – Technical Analysis (Track and Room)	5pm – 7pm Nerang BMX Club
Monday 31 st	Training Five – Time Management (1 st lecture)	5pm – 7pm Nerang BMX Club
SEPT 2020	PROGRAM	VENUE/TIME
Monday 7 th	Training Six – Social Media (1 st lecture)	5pm – 7pm Nerang BMX Club
Monday 14 th	Training Seven – Sports Psychology (1 st lecture)	5pm – 7pm Nerang BMX Club
Monday 21 st	Training Eight – Media Training (2 nd lecture)	5pm – 7pm Nerang BMX Club
7 – 11 Age Group Program		
AUGUST 2020	PROGRAM	VENUE / TIME
Monday 3 rd	Training One – Nutrition Nutrition 1 st lecture	5pm – 7pm Nerang BMX Club
Monday 10 th	Training Two – Recovery and Rehab 1 st lecture	5pm – 7pm Nerang BMX Club
Monday 17 th	Training Three – Sports Psychology 1 st lecture	5pm – 7pm Nerang BMX Club
Monday 24 th	Training Four – Bike Maintenance	5pm – 7pm Nerang BMX Club
Monday 31 st	Training Five	5pm – 7pm Nerang BMX Club
SEPT 2020	PROGRAM	VENUE/TIME
Monday 7 th	Training Six	5pm – 7pm Nerang BMX Club
Monday 14 th	Training Seven	5pm – 7pm Nerang BMX Club
Monday 21 st	Training Eight - Media Training (1 st lecture)	5pm – 7pm Nerang BMX Club
	Schedule is subject to change	