



# GOLD COAST ACADEMY OF SPORT

## 2020 RUGBY LEAGUE PROGRAM

### SCHEDULE

	PROGRAM	VENUE / TIME
School Holiday Break – 26 <sup>th</sup> June - 13 <sup>th</sup> July		
Orientation – TO BE FINALISED		
JULY 2020	PROGRAM	VENUE / TIME
Sunday 26 <sup>th</sup>	Training One	9 - 10:30am Robina Raptors Rugby League Club
AUGUST 2020	PROGRAM	VENUE / TIME
Sunday 2 <sup>nd</sup>	Training Two	9 - 10:30am Robina Raptors Rugby League Club
Sunday 9 <sup>th</sup>	Training Three	9 - 10:30am Robina Raptors Rugby League Club
Sunday 16 <sup>th</sup>	Recovery / Nutrition	9 - 10:30am Robina Raptors Rugby League Club
Sunday 23 <sup>rd</sup>	Training Four	9 - 10:30am Robina Raptors Rugby League Club
Sunday 30 <sup>th</sup>	Training Five	9 - 10:30am Robina Raptors Rugby League Club
SEPT 2020	PROGRAM	VENUE / TIME
Sunday 6 <sup>th</sup>	Strength & Conditioning / Sports Psychology	9 - 10:30am Robina Raptors Rugby League Club
Sunday 13 <sup>th</sup>	Training Six	9 - 10:30am Robina Raptors Rugby League Club
Sunday 20 <sup>th</sup>	Training Seven	9 - 10:30am Robina Raptors Rugby League Club
Sunday 27 <sup>th</sup>	Training Eight	9 - 10:30am Robina Raptors Rugby League Club
School Holiday Break – 18 <sup>th</sup> September – 6 <sup>th</sup> October		
OCTOBER 2020	PROGRAM	VENUE / TIME
Sunday 13 <sup>th</sup>	Training Eight	9 - 10:30am Robina Raptors Rugby League Club
<b>If possible</b>	<b>MATCH TBC</b>	<b>9 - 10:30am Robina Raptors Rugby League Club</b>
<p>Venue for training is <u>Robina Raptors Rugby League Club</u>            Station Reserve,            Bayberry Lane,            Robina Qld 4226</p> <p>Schedule is subject to change</p>		