



## Future Stars 2022

Date	Program Details	Venue/ Time
26 <sup>th</sup> November 2021	Applications Open	
4 <sup>th</sup> February	Applications Close – Order uniforms in time for Orientation	
18 <sup>th</sup> March	Orientation Evening / Fitness/ Agility/ Strength Testing	5.30 - 7.30pm RACV Royal Pines
25 <sup>th</sup> March	Training 1 - Nutrition / Leadership & Culture	5.30 - 7.30pm RACV Royal Pines
22 <sup>nd</sup> April	Training 2 – Strength and Conditioning + Time Management/ Study Skills	5.30 - 7.30pm RACV Royal Pines
29 <sup>th</sup> April	Training 3 - Body Maintenance + S & C (Mini Bands)	5.30 - 7.30pm RACV Royal Pines
20 <sup>th</sup> May	Training 4 - Psychology Goal Setting + Coping Skills +	5.30 - 7.30pm RACV Royal Pines
27 <sup>th</sup> May	Training 5 - Speed/ Agility /Circuits	5.30 - 7.30pm RACV Royal Pines
17 <sup>th</sup> June	Training 6 – Pilates /Mobility Bullying +	5.30 - 7.30pm RACV Royal Pines
24 <sup>th</sup> June	Training 7 - Positive Pysch & Mental toughness/Motivation	5.30 - 7.30pm RACV Royal Pines <b>School holidays for private schools</b>
15 <sup>th</sup> July	Training 8 – Role models + Social Media + Branding	5.30 - 7.30pm RACV Royal Pines
22 <sup>nd</sup> July	Training 9 – TBC (Pool session)	5.30 - 7.30pm RACV Royal Pines
19 <sup>th</sup> August	Training 10 – Leadership + Yoga	5.30 - 7.30pm RACV Royal Pines
26 <sup>th</sup> August	Training 11 - Sponsorship & interviewing Skills Formation of a personal sponsorship package	5.30 - 7.30pm RACV Royal Pines <b>Gold Coast Show holiday</b>
9 <sup>th</sup> September	Training 12 - Retesting - Fitness / Agility/ Strength Testing	5.30 - 7.30pm RACV Royal Pines
<b>Awards Night – Racv Royal Pines October 2022 (Date and Time TBC)</b>		