



Future Stars Group 2 2022

Date	Program Details	Venue/ Time
Tues 11 th May	Applications Open	
Fri 3 rd June	Applications Close 7pm	
Wed 13 th July	Orientation Evening / Fitness/ Agility/ Strength Testing	5.00 - 7.00pm RACV Royal Pines
Wed 20 th July	Training 1 - Nutrition / Leadership & Culture	5.00 - 7.00pm RACV Royal Pines
Wed 17 th August	Training 2 – Strength and Conditioning + Time Management/ Study Skills	5.00 - 7.00pm RACV Royal Pines
Wed 24 th August	Training 3 - Psychology Goal Setting/ Coping Skills + Body Maintenance	5.00 - 7.00pm RACV Royal Pines
Wed 14 th September	Training 4 - Speed/ Agility /Circuits + Social Media/ Branding	5.00 - 7.00pm RACV Royal Pines
Wed 21 st September	Training 5 - Positive Pysch & Mental toughness/Motivation + Pilates /Mobility	5.00 - 7.00pm RACV Royal Pines
Wed 12 th October	Training 6 – Yoga + Bullying OR Sponsorship & interviewing Skills	5.00 - 7.00pm RACV Royal Pines
Wed 26 th October	Training 7 - TBC (Pool session Gold Coast Performance Centre)	5.00 - 7.00pm RACV Royal Pines Or GC Performance Centre TBC
Wed 2 nd November	Training 8 – Retesting - Fitness / Agility/ Strength Testing	5.00 - 7.00pm RACV Royal Pines

Workbooklet provided

Awards Night – Racv Royal Pines Thursday 10th Nov 2022

All athletes and parents are invited to attend our annual awards night.