



## 2022 Camp Schedule

<b>Saturday</b>		
<b>Session 1</b>	<b>PROGRAM</b>	<b>Coach</b>
9-11am	Running (Warm up/Drills/Technique/Starts/Straight/Curve)	TBC
11.15-12:30pm	<i>Nutrition</i>	Eat Smart
<b>12.30-1.30pm</b> <b>Lunch – Networking Opportunity</b>		
<b>Session 2</b>	<b>PROGRAM –</b> Choice of 1 discipline only	<b>Coach</b>
1.30-3pm	Long Jump	Glynis Nunn
1.30-3pm	Shot Put	TBC
1.30-3pm	Hurdles	Taneille Crase
3.15-4.15pm	<i>Body Maintenance</i>	AllSport Physio
<b>Sunday</b>		
<b>Session 3</b>	<b>PROGRAM –</b> Choice of 1 discipline only	<b>Coach</b>
9-11am	High Jump	TBC
9-11am	Javelin	TBC
9-11am	Middle & Long Distance	TBC
11.15-12:30pm	<i>Strength and Conditioning</i>	Glynis Nunn
<b>12.30-1.30pm</b> <b>Lunch – Networking Opportunity</b>		
<b>Session 4</b>	<b>PROGRAM –</b> Choice of 1 discipline only	<b>Coach</b>
1.30-3pm	Triple Jump	TBC
1.30-3pm	Discus	TBC
1.30-3pm	Walk	TBC
3.15-4pm	<i>Topical – Questions / Answers from the 2 days</i>	

Coaches to be confirmed as numbers for weekend become final.

Venue – Gold Coast Performance Centre

Date – 10<sup>th</sup> / 11<sup>th</sup> September

Cost – (this is cost for athlete who will be involved in coaching sessions and coaches who will be there to shadow and learn from lead coaches) Approx. \$200. This would be reduced with any sponsorship or support packages that might come from GCCC. Coaches who attend will be given recognition with a certificate from ATFCA for involvement in mentoring over the two days.