



Future Stars Group 2 2023

Date	Program Details	Venue/ Time
Tues 2 nd May	Applications Open	
Wed 14 th June	Applications Close 7pm	
Wed 26 th July	Orientation Evening / Fitness/ Agility/ Strength Testing	5.00 - 7.00pm RACV Royal Pines
Wed 2 nd August	Training 1 - S&C / Leadership & Culture	5.00 - 7.00pm RACV Royal Pines
Wed 16 th August	Training 2 – Sports Psychology – Goal Setting and Coping Skills + Body Maintenance and Recovery	5.00 - 7.00pm RACV Royal Pines
Wed 30 th August	Training 3 - Nutrition + Pilates	5.00 - 7.00pm RACV Royal Pines
Wed 6 th September	Training 4 - Time Management + Speed/ Agility /Circuits	5.00 - 7.00pm RACV Royal Pines
Wed 13 th September	Training 5 - (Pool session Gold Coast Performance Centre)	5.00 - 7.00pm RACV Gold Coast Performance Centre, Runaway Bay
Wed 11 th October	Training 6 – Natasha Price & Adam Guet Speakers + Sponsorship package &/Or Social Media/ Branding	5.00 - 7.00pm RACV Royal Pines
Wed 25 th October	Training 7 - Yoga + Integrity in Sport (Aus Interity)	5.00 - 7.00pm RACV Royal Pines Or GC Performance Centre TBC
Wed 1 st November	Training 8 – Retesting - Fitness / Agility/ Strength Testing	5.00 - 7.00pm RACV Royal Pines

\$300

Full Academy Uniform and Workbooklet provided

Awards Night – Racv Royal Pines: *Date to be confirmed*

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