

# The Bond 2024 Future Stars Academy Program



Date	Program Details	Venue/ Time
15 <sup>th</sup> March	<b>Orientation Evening</b> <ul style="list-style-type: none"> <li>○ Introduction and uniform handout</li> <li>○ Sports Journal and Diary</li> <li>○ Fitness/ Agility/ Strength Testing</li> </ul>	5.30 - 7.30pm RACV Royal Pines  (Hub & Field)
<b>BLOCK 1 – Getting to know YOU!</b> Strength & Conditioning Education (Injury prevention, enhanced performance & recovery)		
22 <sup>nd</sup> March	<b>Session 1</b> – <b>Who are you?</b> Personality, Values, Interests / knowing your why – <b>Intro into strength and conditioning:</b> Fitness components/ training principles	5.30 - 7.30pm RACV Royal Pines
19 <sup>th</sup> April	<b>Session 2</b> – <b>Pool session</b>	5.30-7.30 <i>Gold Coast Performance Centre Runaway Bay.</i>
26 <sup>th</sup> April	<b>Session 3</b> – <b>Getting to know you: Culture &amp; Leadership</b> – <b>S&amp;C Practical session 1 / Developing a S&amp;C training plan:</b> Identification of strengths and weaknesses from fitness testing & Foundational movements, mini bands & Cardio	5.30 - 7.30pm RACV Royal Pines
3 <sup>rd</sup> May	<b>Session 4</b> – <b>S&amp;C Practical session 2:</b> Lifting technique workshop  - <i>Review of sports journal progress &amp; S&amp;C plan.</i>	5.30 - 7.30pm RACV Royal Pines
17 <sup>th</sup> May	<b>Session 5</b> – <b>Body Maintenance &amp; Recovery:</b> Foam rollers, trigger balls, floss bands, Normatec boots  – <b>Pilates</b>	5.30 - 7.30pm RACV Royal Pines
<b>BLOCK 2 – Psychology, Mindfulness &amp; Nutrition</b>		
7 <sup>th</sup> June	<b>Session 6</b> – <b>Sport Psych 1:</b> Goal Setting, Motivation & Accountability  – <b>Activity: Memory Wall</b>  – <b>Nutrition 1:</b> Intro into nutrition	5.30 - 7.30pm RACV Royal Pines

<b>14<sup>th</sup> June</b>	<i>Session 7</i> – <b>Sport Psych 2:</b> Coping skills, Retuning from injury  – <b>Yoga:</b> Mindfulness	5.30 - 7.30pm RACV Royal Pines
<b>12<sup>th</sup> July</b>	<i>Session 8</i> – <b>Nutrition 2:</b> Recipe development and food making  – <b>Sport Psych 3:</b> Guest Speaker Tash & Adam	5.30 - 7.30pm RACV Royal Pines
<b>BLOCK 3 – Athlete Management &amp; Engagement</b>		
<b>26<sup>th</sup> July</b>	<i>Session 9</i> – <b>Confident communication for leaders</b> (Carol)  – <b>Integrity in Sport</b>	5.30 - 7.30pm RACV Royal Pines
<b>2<sup>nd</sup> August</b>	<i>Session 10</i> – <b>Guest Speaker</b>  – <b>Social Media and Branding</b>	5.30 - 7.30pm RACV Royal Pines
<b>23<sup>rd</sup> August</b>	<i>Session 11</i> – <b>Sponsorship and Formation of a sponsorship package</b> (Craig mitchell, Abby)  – <b>Group activity</b>	5.30 - 7.30pm RACV Royal Pines
<b>30<sup>th</sup> August</b>	<i>Session 12</i> – <b>Time Management:</b> School, Training, Family/Friends balance  – <b>Group activity &amp; review of Sports Journal</b>	5.30 - 7.30pm RACV Royal Pines
<b>6<sup>th</sup> September</b>	<i>Session 13</i> – <b>Retesting - Fitness / Agility/ Strength Testing</b>	5.30 - 7.30pm RACV Royal Pines
<p><b><i>Awards Night – Racv Royal Pines October 2024 (Date and Time TBC)</i></b></p> <p><b><i>Parents and coaches of all athletes involved are welcome to attend all session</i></b></p>		

<https://www.biteback.org.au/>

<https://youfor2032.initiatives.qld.gov.au/resources/wellbeing-engagement/>