

The Bond 2024 Mid Year Future Stars Program



Date	Program Details	Venue/ Time
17 th July	<p>Orientation Evening</p> <ul style="list-style-type: none"> ○ Introduction and uniform handout ○ Sports Journal and Diary ○ Fitness/ Agility/ Strength Testing 	5-7pm RACV Royal Pines
<p>BLOCK 1 – Getting to know YOU! Strength & Conditioning Education (Injury prevention, enhanced performance & recovery)</p>		
24 th July	<p><i>Session 1</i></p> <ul style="list-style-type: none"> – Who are you? Personality, Values, Interests / knowing your why – Intro into strength and conditioning: Fitness components/ training principles & Developing a S&C training plan: Identification of strengths and weaknesses from fitness testing & Foundational movements 	5-7pm RACV Royal Pines
14 th August	<p><i>Session 2</i></p> <ul style="list-style-type: none"> – Getting to know you/ Confident communication for leaders – S&C Practical session: Lifting technique workshop 	5-7pm RACV Royal Pines
21 st August	<p><i>Session 3</i></p> <p><i>Review of sports journal progress & S&C plan.</i></p> <ul style="list-style-type: none"> – Body Maintenance & Recovery: Foam rollers, trigger balls, floss bands, Normatec boots – Pilates 	5-7pm RACV Royal Pines
<p>BLOCK 2 – Psychology, Mindfulness & Nutrition</p>		
4 th September	<p><i>Session 4</i></p> <ul style="list-style-type: none"> – Sport Psych 1: Goal Setting, Motivation & Accountability – Activity: Memory Wall – Nutrition 1: Intro into nutrition 	5-7pm RACV Royal Pines
11 th September	<p><i>Session 5</i></p> <ul style="list-style-type: none"> – Sport Psych 2: Guest Speaker – Yoga: Mindfulness 	5-7pm RACV Royal Pines
2 nd October	<p><i>Session 6</i></p> <ul style="list-style-type: none"> – Nutrition 2: Recipe development and food making – Sport Psych 3: Coping skills, Retuning from injury 	5-7pm RACV Royal Pines

BLOCK 3 – Athlete Management & Engagement

9th October	<i>Session 7</i> – Social Media and Branding / Sponsorship and Formation of a sponsorship package – Integrity in Sport	5-7pm RACV Royal Pines
23rd October	<i>Session 8</i> – Pool Session	5-7pm Gold Coast Performance Centre
30th October	<i>Session 9</i> – Group activity & review of Sports Journal – Retesting - Fitness / Agility/ Strength Testing	5-7pm RACV Royal Pines

Awards Night – Racv Royal Pines October 2024 (Date and Time TBC)

Parents and coaches of all athletes involved are welcome to attend all session