GOLD COAST ACADEMY OF SPORT

UNLEASH YOUR POTENTIAL

Developing Tomorrow's Elite

Date	Program Details	Venue/ Time
Mon 30th March	**SESSION 1** • **Program introducation & Welcome** • **Getting to know the Athletes** • **Fitness testing + VALD Testing** • **Body maintenance & recovery practical**	5-7pm
Mon 20th April	**SESSION 2** **Athlete testing review and Goal setting for program progression** **Team building – Getting to know one another**	5-6.30pm
Mon 27th April	**SESSION 3** **Strength & Conditioning** *OR* ***Pool session***	5-6.30pm
Mon 11th May	**Online 1v1** *Session 1* (S&C review)	*Time suited to athletes*
Mon 18th May	**SESSION 4** **Sport Psych 1:** Setting Goals for success and accountability **Team building**	5-6.30pm
Mon 25th May	**SESSION 5** **Strength & Conditoning Circuit** **Motivational Guest Speaker** (in lieu of Sport psych)	5-6.30pm
Mon 8th June	**Online 1v1** *Session 2* (Goal reviews)	*Time suited to athletes*
Mon 15th June	**SESSION 6** **Nutrition 1:** Nutrition for Athlete performance **Team Building**	5-6.30pm
Mon 22nd June	**SESSION 7** **Sport Psych 2:** **Strength & Conditioning review**	5-6.30pm
Mon 13th July	**SESSION 8** **Nutrition 2**: Recipe creation	5-6.30pm
Mon 20th July	**SESSION 9** **Athelete Personal and Media Branding** (Activity based)	5-6.30pm

Mon 31st July	**Online 1v1** *Session 3* (Nutrition Review)	*Time suited to athletes*
Mon 10th August	**SESSION 10** **Sponsorship and Formation of a sponsorship package**	5-6.30pm
Mon 17th August	**SESSION 11** **Pilates** **Guest Speaker**	5-6.30pm
Mon 24th August	**Online 1v1** *Session 4* (Sponsorship package development review)	*Time suited to athletes*
Mon 7th September	**SESSION 11** **Session to be confirmed based off athlete needs and program progression**	5-6.30pm
Mon 14th September	**SESSION 12** **Yoga:** Recovery / Mindfulness	5-6.30pm
Mon 12th October	**SESSION 13** **Retesting** **FTEM Evaluation**	5-6.30pm
Mon 19th October	**SESSION 14** *FINAL SESSION*	5-6.30pm

***Age**: 13-16 years in 2026*
***Cost:** $380*
***Date:** Mondays, 16th March - October*
***Time:** 5-6.30pm*
***Location:** RACV Royal Pines*

Athlete Launch Pad is designed to prepare the next generation of elite athletes – physically, mentally, and professionally. Through a mix of performance workshops, practical training, and mindset development, athletes learn to elevate every aspect of their performance and unlock their full potential.