

ATHLETE DEVELOPMENT HOLIDAY ACADEMY

AGES 10-14

TUESDAY 7TH - FRIDAY 10TH APRIL

Arrival between 8am - 8:45am | Pick up between 2:30pm - 3pm

TUESDAY	ONSITE	The morning starts with movement exploration. Then its time to enjoy basketball before lunch, followed by an afternoon rockwall climbing session.
WEDNESDAY	ONSITE	The day begins with a strength session, followed by pool kayaking after morning tea. The afternoon features a variety of fun multi-sport games.
THURSDAY	ONSITE	The morning kicks off with a power session, followed by a North Harbour Rugby skills session before lunch. The afternoon is spent enjoying pool time.
FRIDAY	OFFSITE	The week wraps up with a speed and agility session, followed by an off site session at bounce. The day finishes with pool time before pick-up.

MONDAY 13TH - FRIDAY 17TH APRIL

Arrival between 8am - 8:45am | Pick up between 2:30pm - 3pm

MONDAY	ONSITE	The week begins with a speed and agility session with testing. After morning tea, the group moves into racquet sports, followed by pool time in the afternoon.
TUESDAY	ONSITE	The morning features a strength and power session with testing, followed by a “have a go” baseball session before lunch. The afternoon focuses on team-building and problem-solving activities.
WEDNESDAY	ONSITE	The day starts with ultimate frisbee, followed by hungerball after morning tea. The afternoon includes some fun games in the pool.
THURSDAY	ONSITE	The morning begins with movement exploration and time on the bouncy castle. After morning tea, the focus shifts to football drills and skills, followed by fun backyard sports in the afternoon.
FRIDAY	OFFSITE	The programme finishes with a an offsite activity at Game Over. After morning tea and lunch, the week ends with some final pool time before pick-up.