



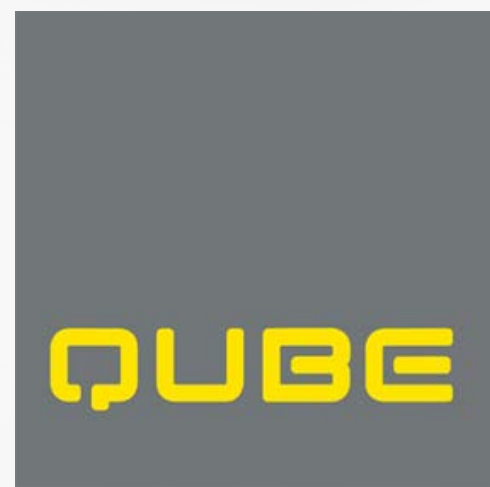
GOACH

Connect



**Stay Fit Over Summer:
Holiday Programs and "Off Season" Communication**

2024-2025





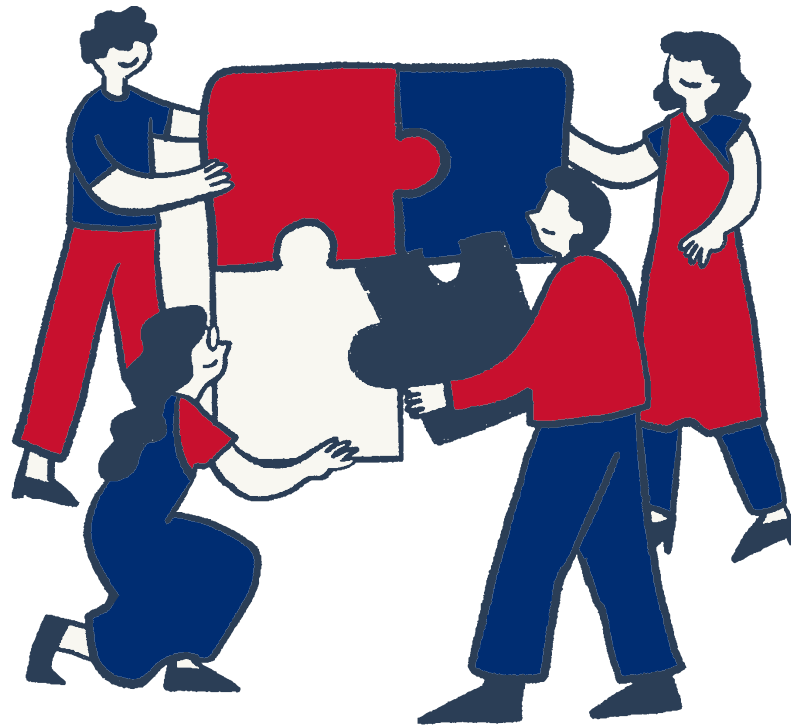
Acknowledgement of Country

The land on which the South West Sydney Academy of Sport is located, and where our athletes train and compete is the traditional land of the Dharawal people.

The South West Sydney Academy of Sport acknowledges the Traditional owners of Country and recognise their continuing connection to land, waters and culture.

We pay our respects to their Elders past, present and emerging.

#wearesouthwestsydney



linktr.ee/swsascoach

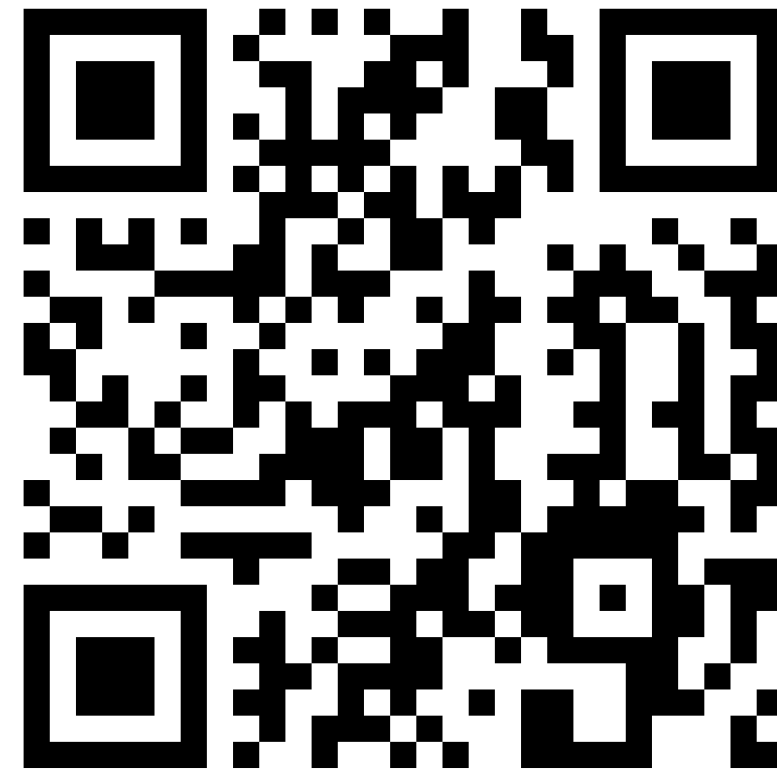
Dedicated Coach Network Resource "App"

Online Forms

Guidelines and Manuals

Templates

Education and Resources



COACH Connect

The Line Up

2024

Sep 9: What We Look For - Athlete Selections and Criteria

Oct 14: Program Planning, Team Building and Camps

Nov 11: Providing Athlete Feedback - Individual Performance Plans

Dec 9: Stay Fit over Summer - Holiday Programs and Communication

2025

Jan 13: Reset and Refresh - Mind and Body Ready for the Year Ahead

Feb 10: Competing Schedules - Load Management Considerations

Mar 10: Maximising Time and Effort - Use of Technology

Apr 14: Defining Success - Post Performance Evaluations

May 12: The Run Home - Peaking Your Program Outcomes



Online Zoom

6:30pm

Second Monday of every month

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Aim for Academy Coaches

- Encourage athletes to participate in some form of activity over summer holidays to maintain fitness.
- Maintain some form of contact with athletes during their representative sporting program and/or “off season”.

Challenges

Holidays!

- Dec 18-Jan 31
- No School, no sport, no accountability?
- travel,
- lack of venue space,
- access to facilities or equipment,
- availability of athletes



What are we looking to provide?

Home Program

Strength and Conditioning Program

Communication Feedback

HOME PROGRAM FOR THE ATHLETES

- What do we provide? Shooting program
- How Often 2-3 times a week
- How much time to do it. 1 hour
- Record Sheets send to Coach fortnightly
- Results will vary each time.
- Should look to do better each time but will not always happen.
- Stay positive

Online / Form Submission Home Programs

- Basketball Example
 - Home Shooting Workout
 - Record and Submit Scores
- Office can assist with setting up Smartsheet Forms to help track data entry



Basketball Home Shooting Program

Athletes are to complete this home shooting program as a part of their Academy Basketball Scholarship.

The [Home Shooting program](#) document is available here or under Documents section in XPS.

Athletes are to record the date attempted, and number of made shots at each exercise.

Name *

Date Attempted

SPIN OUT DRILL

Record Makes out of 50.

- Player shoots the ball from 5 different spots
- Toss the ball out to the spot
- Catch it low, (catch 1--2) (inside foot footwork)
- Shoot on balance and land in same spot Strong elbow and wrist (Lock and Snap) Spread fingers (follow through)

	Name	Date Attempted	Spin Out Drill	Catch 5 Spots	Catch and Go 1 Bounce	Dribble Moves	2 Bounce Moves	Free Throws	How did you feel your performance was today?
55	Oskar Vagaja	20/12/23	27	30	35	16	16	18	OK
56	Leo Vagaja	20/12/23	36	22	23	31	27	21	OK
57	Elijah Lusik	20/12/23	22	21	26	16	15	18	OK
58	Max Brown-Tjakuap	21/12/23	33	29	26	13	18	25	Good
59	Denzel Adviento	21/12/23	35 / 50	36 / 50	29 / 50	17 / 30	21 / 30	21 / 30	Good
60	Logan Orazi	21/12/23	26/50	19/50	39/50	19/30	17/30	23/30	OK
61	Noah fletcher	21/12/23	23	24	29	14	16	18	Good
62	Kherington Kumar	22/12/23	23/50	28/50	31	16/30	26/50	19	OK
63	Max Neil Benson	20/12/23	Done	Done	Done	Done	Done	24	OK
64	Leo Vagaja	22/12/23	33	21	29	19	17	20	OK
65	Diaan murray	23/12/23	19 out of 50	15 out of 50	26 out of 50	10 out of 30	12 out of 30	9 out of 30	Bad
66	Diaan murray	22/12/23	19 out of 50	20 out of 50	21 out of 50	12 out of 30	16 out of 30	13	OK
67	Elijah Lusik	26/12/23	25	28	30	17	14	20	OK
68	Oskar Vagaja	22/12/23	32	30	27	24	32	20	Bad

Strength and Conditioning Program

- How Often **2-3 times a week**
 - How much time to do it. **1 hour, sometimes longer**
 - Record sheets **send to Coach fortnightly**
-
- Obtain a program from our S&C partner/s
 - Ensure the program is **SPORTS SPECIFIC.**
 - Especially if GYM work is specified.*

Strength and Conditioning Program

Basketball Example:



"I did a home gym program (whole body session) and the other session is more of a field based one that has sprint training, plyometrics, agility and a small ab circuit! Its a well rounded program that ticks all the boxes. I felt like that is the most efficient way to program it based on what they may need and have access to."

Basketball: Basketball S&C program

Day 1

A1



Goblet Squat

Sets: 3 Reps: 8



- Stand with your feet parallel and a comfortable distance apart with your weight evenly distributed between both legs
- To add resistance take a dumbbell or kettlebell in your hands in front of your chest. Your palms should be facing each other and elbows should be wide and slightly raised.
- Keeping your chest up, bend at your knees then hips to lower your bum down towards the ground behind you.
- Go as low as you can with control, ideally your hips should go below your knees. Keeping your heels on the ground, push up into the start position.

A2



Alternating Split Squat Jumps

Sets: 3 Reps: 5 Rest: 2 min



1. Assume a split Squat position.
2. Lower yourself down into the squat.
3. With as much power as possible jump up and switch legs before you land.
4. Land and repeat.
5. Breathe out as you jump up.

Strength and Conditioning Program

Basketball Example:



State Performance Program (SPP)

Extras - AKA "Vitamins"

- *Various programs to follow for athletes in regional / remote locations*
- *Completed during SPP visits*
- *Complimentary to on-court training sessions*
- *Compatible from grassroots to high performance to professional sporting teams*

Example - Running Program

RUNNING PROGRAM- A

- Try to run on grass or an oval if possible
- Avoid running in basketball shoes, use runners or cross trainers when possible.
- Record the total distance covered each session to keep track of your progress
- If you are unable to complete a session, substitute to another day or another cardio activity: eg. Swimming, Cycling, game of Squash etc.

Complete at least two sessions per week (a 3rd is optional)

Running intensity should be of a moderate intensity i.e. with your heart rate between 130bpm and 175bpm.

	INSTRUCTIONS (Ratio of running to walking)
week 1 15 min of running	5 min run: 2 min walk ×3 total 15 min run, 4 min walk
week 2 15 min of running	5 min run: 1 min walk ×3 total 15 min run, 2 min walk
week 3 15 min of running	5 min run: 30sec walk ×3 total 15 min run, 1 min walk
week 4 15 min running	5 min run: 30sec walk
week 5 16 min running	8 min run :30 sec walk ×2 total 16 min run, 30 sec walk
week 6 18 min running	9 min running 30sec walk ×2 total 18 min running 30 sec walk
week 7 20 min running	10 min running ×2 walking (rest) in between 30sec-2min
Week 8 20 min easy run	Week 8 20 min easy run or 2 × 10 min runs

Date	Run(Time/km)

WEEK PLANNER

MON	TUE	WED	THU	FRI	SAT	SUN

CHOOSE TO BE SUCCESSFUL!

RUNNING PROGRAM B

- Try to run on grass or an oval if possible
- Avoid running in basketball shoes, use runners or cross trainers when possible.
- Record the total distance covered each session to keep track of your progress
- If you are unable to complete a session, substitute to another day or another cardio activity: eg. Swimming, Cycling, game of Squash etc.

Complete 3 runs run every week. 1 continuous, 1 fartlek and 1 optional.

- Easy refers to an intensity closer to the lower limit of the range of heart rates (130bpm)
- Hard refers to an intensity closer to or above the upper limit of the range of heart rates (175bpm)

Continuous run	Fartlek run
week 1 15 min run	week 1 (15 min) 5 min easy followed by 60 sec hard, 60 sec easy × 3 then 4min easy
week 2 20 min run	week 2 (20 min) 8 min easy followed by 60sec hard, 60 sec easy ×3, then 6 min easy
week 3 20 min run	week 3 (20 min) 8 min easy followed by 60sec hard, 60sec easy ×3 then 6 min easy
week 4 20 min run	week 4 (20 min) 10 min easy followed by 30sec hard, 30sec easy ×3 then 7 min easy
week 5 25 min run	week 5 (25 min) 8 min easy followed by 90sec hard, 90sec easy ×3 then 8 min easy
week 6 25 min run	week 6 (25 min) 8 min easy followed by 90 sec hard, 90 sec easy ×4 then 5 min easy
week 7 30 min run	week 7 (25 min) 8 min easy followed by 90 sec hard, 90sec easy ×4 then 5 min easy
Week 8 30 min easy run	Week 8 30 min easy run

Date	Run(Time/km)

WEEK PLANNER

MON	TUE	WED	THU	FRI	SAT	SUN

CHOOSE TO BE SUCCESSFUL!

RUNNING PROGRAM C

- Try to run on grass or an oval if possible
- Avoid running in basketball shoes, use runners or cross trainers when possible.
- Record the total distance covered each session to keep track of your progress
- If you are unable to complete a session, substitute to another day or another cardio activity: eg. Swimming, Cycling, game of Squash etc.

Complete 3 runs run every week. 1 continuous, 1 interval and 1 optional.

continuous run	interval training
week 1 30 min run	week 1- 4×400m efforts with 45 sec rest in between each 1 km time trial – estimate 1 km and use the same course each week 5 min jog cool down 10 min easy jog warm-up
week 2 30 min run	week 2 4×400m efforts with 45 sec rest in between each 1km time trial – estimate 1km and use the same course each week 5 min jog cool down 10 min easy jog warm-up
week 3 35 min run	week 3 8×200m efforts with 30 sec rest between 1km time trial 5 min jog cool down 10 min easy jog warm-up
week 4 – recovery week 25 min run	week 4 25 min easy run
week 5 35 min run	week 5 10×200m efforts with 30sec rest in between 1km time trial 5 min jog cool down 10min easy jog warm up
week 6 40 min run	week 6 4×100m, walking back in between (rest phase) 10× 200m efforts with 30 sec rest in between 5 min jog cool down 10 min easy jog warm up
week 7 40 min run	week 7 4 × 100m efforts walk back in between 10×200m efforts with 30 sec rest in between 5 min jog cool down 10 min easy jog warm up
Week 8 -recovery week 30 min run	Week 8 30 min easy run

Date	Run(Time/km)

WEEK PLANNER

MON	TUE	WED	THU	FRI	SAT	SUN

CHOOSE TO BE SUCCESSFUL!

INSTRUCTIONS

PROGRAM A is for individuals who have never run before, are currently unable to run continuously for 20 minutes or have injury or medical limitations.

PROGRAM B is an intermediate program for those who have done some running in the past.

<https://s3-ap-southeast-2.amazonaws.com/wh1.thewebconsole.com/wh/4702/images/RUNNING-PROGRAM-A-C.pdf>

Home Strength and Conditioning Programs

through Academy S&C Providers

Where?

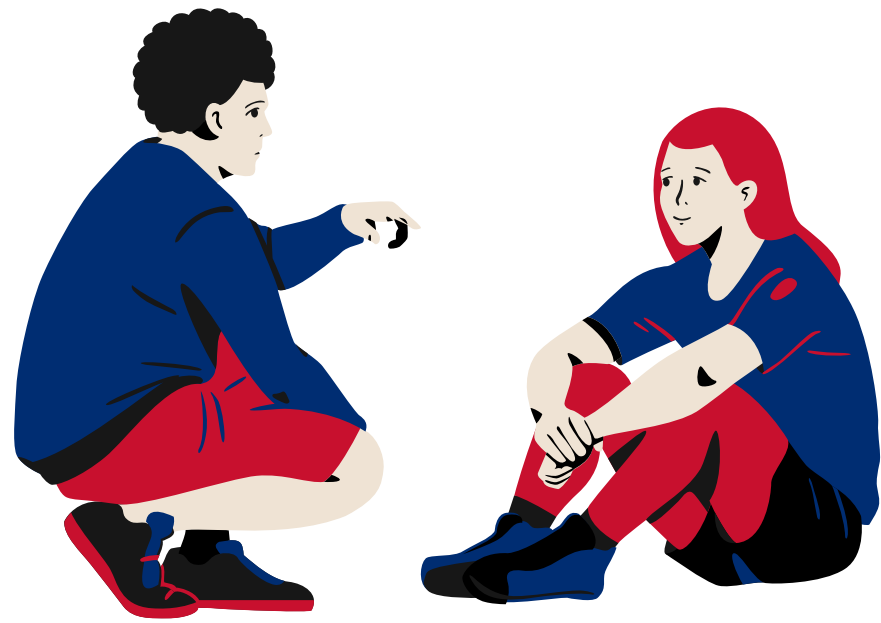
- Planet Fitness - Youth Pass - Free!
- Academy S&C Providers facility
 - FitClinic
 - Dynamo
 - Movement Essentials
 - Bounce Back
 - Phoenix Athletic



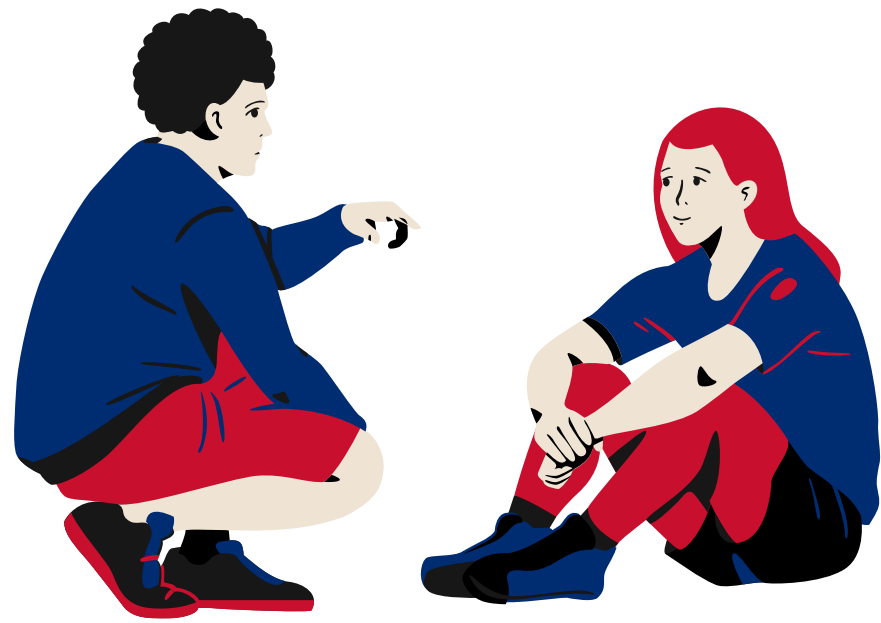
Communication

Athlete to provide feedback on forms provided

- How Often? **Fortnightly feedback**
- Discuss results - Fortnightly if able.
- End of Period overall feedback.



What do we want from the Athletes



HONESTY

- Do the programs-there will be reasons they could not do it
- Report honestly-results will show if they do not.

EFFORT

- Give it their best effort
- If injured do what you can but if unable to then record it accordingly

ATHLETES WILL ONLY GET OUT OF IT WHAT THEY PUT INTO IT.

Questions





Beach Fitness Sessions (8am - 10am)

- Nov 30, Dec 7, 14, 21 - Bulli Beach
- Jan 11, 18, 25, Feb 2 - Greenhills Sand Dunes (Cronulla)
- Whilst Optional, why not make one or two compulsory for your squad
- or add in an after catch up / coffee / team builder



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Athlete Resources | Instagram, Facebook
 #wearesouthwestsydney
 Linktree / Nov 21

Athlete Resources
 */SWSASAthlete



Academy Sport Framework

Athlete Selection and Validation

Wests Future Stars Resources

wests For Macarthur
Claims Form

wests For Macarthur
Guidelines 2023-2025

Sport Specific Resources

Online Personal Training - Fit Clinic App

Basketball / 3x3 Basketball Home Shooting Program

Athlete Pathway Resources

SPORT ALL



linktr.ee/swsascoach

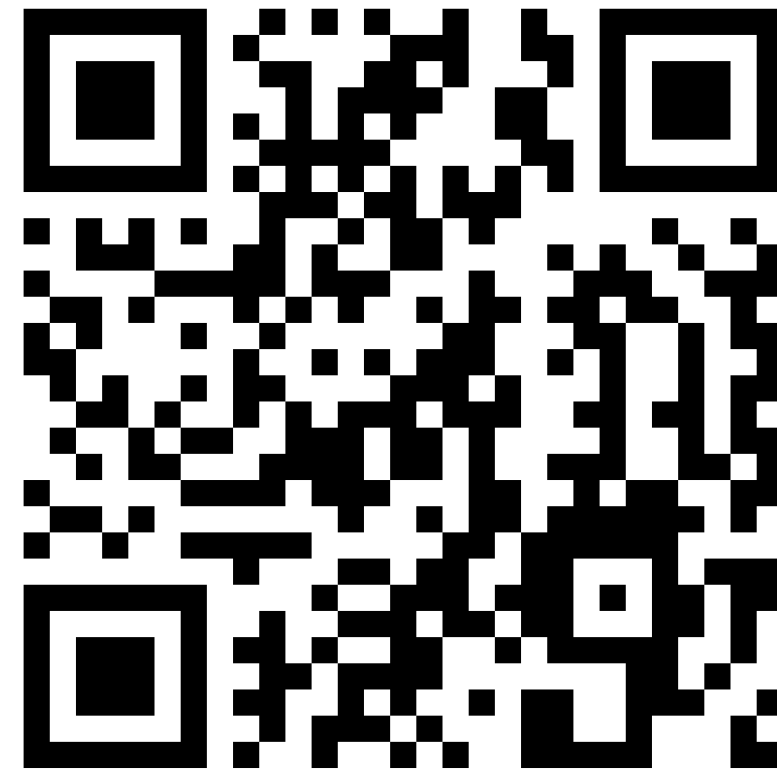
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6:30pm

Second Monday of every month

#wearesouthwestsydney

COACH Connect

Face to Face

2024

Friday 13 December

7:30 - 9:00pm (*Following BMX, Hockey and Volleyball Inductions*)

Venue: Western Sydney University, Campbelltown Campus
Building 21

Coach Connect Breakout -
Academy Coaches '25 Meet and Greet, Networking and Mentorship
program

2025

Sunday 9 February

9:00am - 5:00pm

Morning Tea, Lunch and Afternoon Tea included

Venue: Wests League Club Campbelltown

Regional Academies (Metropolitan) Coaches Conference
(SWSAS, WSAS, IAS) + South West Sydney Community Sporting
Club Coach and Support Staff

Focus on 3Dimensional Coaching, Networking and Mentorship

Guest Speakers Include;

- Former AFL Coach and Athlete Kade Klemke

#WeAreSouthWestSydney