



COACH

Connect

Online Zoom

6:30pm

Second Monday of every month



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

