**Sport Development Day Coordinator Form**

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| School: |  | | | Name: | |  |
| Date of camp: | |  | | Phone: | |  |
| Year Level: | |  | | Mobile: | |  |
| No. of Students: | | |  | Email: | |  |
| Arrival Time: | | |  | Depart Time: | |  |
| Transport (Bus/Private): | | |  |  |

**CAMP FOCUS: Please select the key camp focus for your group (Choose multiple if applicable):**

Team building/develop cohesion Intense training camp Experience an elite environment

Challenge students to get out of their comfort zone Competition preparation

Complement the specific team/school program (Please email details) Other (Please email details)

**DAY ACTIVITIES: Please select from the following preferences (3-5 sessions per full day)**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **MIND and BODY PREPARATION**  *Before and after performance* |  | **FITNESS**  *Conditioning yourself for performance* |  | **COMPETITION**  *Yourself against others* |  | **LEADERSHIP/TEAM CULTURE**  *Yourself with others* |  |
| Yoga |  | Speed/Agility session |  | Triathlon/Duathlon (Double Session) |  | Military Boot Camp |  |
| Roller Flexibility |  | Spin Class |  | Video analysis feedback (small sided games) |  | Team Obstacle Course |  |
| Pilates |  | Boxercise |  | Indigenous Games |  | Stand Up Paddleboarding (Double session) |  |
| Ice Baths & Pool Recovery |  | High Intensity Interval Training (HIIT) Session |  | Cross-Training games |  | Kayaking (Double session) |  |
| Workshop: Athlete Development/Training Habits/Sports Psychology |  | Fitness Circuit |  | Beach Volleyball |  | Initiative games |  |
| Workshop: Feedback - How to give and receive it |  | Fitness testing - components of fitness |  | Archery |  | Outdoor Team Challenges |  |
|  |  | Intro to strength and conditioning |  |  |  | Mini-Olympics – multi-sport  (Double session) |  |
|  |  | Beach Fitness (With SUPing) |  |  |  | Workshop: Team Values & Leadership |  |
|  |  | Track running/sprints |  |  |  | Prouty’s Landing |  |
|  |  | Swimming |  |  |  |  |  |

***Note: Single session times are generally between 45-75 minutes depending on the activity.***



INTERACTIVE WORKSHOPS

The Runaway Bay Sport and Leadership Excellence Centre partners with the team at Atkins Health who are recognised experts in preparing and managing elite athletes through effective training and recovery programs.

Look below to include an interactive workshop in your Sport Development camp to provide your students with the unique opportunity to learn from the leaders in these

high-performance fields.

|  |  |
| --- | --- |
| Activity | Description |
| LONG-TERM ATHLETE DEVELOPMENT | This lecture and practical session will teach you how to build a strong foundation as an athlete, not just in a specific sport. You will learn fundamentals of key movements, key training variables and tips on monitoring fatigue, overtraining and more to maximise performance. |
| ELITE ATHLETE TRAINING | This class will train you like an athlete, focusing on strength, power, agility, muscular endurance, and flexibility. |
| MOBILITY AND FUNCTIONAL MOVEMENT | A practical workshop where you will learn techniques for soft tissue muscle release and why mobility is critical to efficient and optimal performance. |
| STRENGTH & CONDITIONING SEMINAR | Strength and Conditioning are integral elements to an athlete’s career and performance.  This interactive workshop will explore the fundamental strength and conditioning protocols that are necessary to achieve optimal performance.  Tailored to the needs of your chosen sport, our team of Exercise Physiologists will put you through your paces and help you not only understand but feel the difference when training effectively. |
| SPORTS INJURY PREVENTION | An invaluable lecture for any young athlete, this session covers the importance of warmups, cool downs, stretching, protective equipment and how to identify any predisposition to injury or illness. You will also learn about rehabilitation techniques and how to safely return to activity after initial treatment. Learn how to come back from injury, and more. For individuals and teams. (Min 20, Max 30 people). |

Please Note: 1 workshop free of charge. Additional workshops (or including in day programs) will be an extra charge.