

# AD Athlete Development

## PROGRAMME PLAN

Week 1: Monday 13 Jan – Friday 17 Jan Week 2: Monday 20 Jan – Friday 24 Jan

| Monday        |  |   | Tuesday       |  |  | Wednesday     |  |                         |
|---------------|--|---|---------------|--|--|---------------|--|-------------------------|
| TIME          | SESSION OVERVIEW                                     | AREA                                    | TIME          | SESSION OVERVIEW   | AREA                                   | TIME          | SESSION OVERVIEW                                     | AREA                    |
| 8.30 – 9.00   | Arrivals, intros, rules                              | Start space                             | 8.30 – 9.00   | Arrivals, intros, rules  | Start space                            | 8.30 – 9.00   | Arrivals, intros, rules                              | Start space             |
| 9.00 -10.30   | Rock wall (Juniors)<br>+ Gym based session (Seniors) | PowerZone                               | 9.00 -10.30   | Balance and coordination<br>+ movement problem solving + testing | PowerZone                              | 9.00 -11.00   | Rock wall (Seniors)<br>+ Gym based session (Juniors) | PowerZone + Rock wall   |
| 10.30 – 11.00 | MORNING TEA  |   | 10.30 – 11.00 | MORNING TEA  |  | 11.00 – 11.30 | MORNING TEA  |                         |
| 11.00 – 12.15 | Pool   | National Aquatic Centre                 | 11.00 – 12.15 | Pool   | National Aquatic Centre                | 11.30 – 1.15  | Jump   | Trampoline park         |
| 12.15 – 1.00  | LUNCH  |   | 12.15 – 1.00  | LUNCH  |  | 1.15 – 1.45   | LUNCH  |                         |
| 1.00 – 2.30   | Movement exploration + testing                       | Sports Hall/<br>Sports Hall + PowerZone | 1.00 – 2.30   | Speed & power session + testing                                  | PowerZone + Sports Hall + Indoor Track | 1.45 – 2.30   | Pool or games  | National Aquatic Centre |
| 2.30 – 3.00   | GET READY TO GO HOME                                 |   | 2.30 – 3.00   | GET READY TO GO HOME   |  | 2.30 – 3.00   | GET READY TO GO HOME                                 |                         |

| Thursday      |  |  | Friday        |   |  |
|---------------|--|--|---------------|---|--|
| TIME          | SESSION OVERVIEW   | AREA                                   | TIME          | SESSION OVERVIEW                              | AREA                                   |
| 8.30 – 9.00   | Arrivals, intros, rules  | Start space                            | 8.30 – 9.00   | Arrivals, intros, rules                       | Start space                            |
| 9.00 -10.30   | Strength & power session<br>+ testing                            | PowerZone                              | 9.00 -10.30   | Strength & power session<br>+ testing         | PowerZone                              |
| 10.30 – 11.00 | MORNING TEA  |  | 10.30 – 11.00 | MORNING TEA                                   |  |
| 11.00 – 12.15 | Pool   | National Aquatic Centre                | 11.00 – 12.15 | Pool  | National Aquatic Centre                |
| 12.15 – 1.00  | LUNCH  |  | 12.15 – 1.00  | LUNCH   |  |
| 1.00 – 2.30   | Balance and coordination<br>+ movement problem solving + testing | PowerZone + Sports Hall + Indoor Track | 1.00 – 2.30   | Problem solving + movement challenges + games | PowerZone + Sports Hall + Indoor Track |
| 2.30 – 3.00   | GET READY TO GO HOME   |  | 2.30 – 3.00   | GET READY TO GO HOME                          |  |

To book online, visit: <http://bit.ly/octoberholidayacademy>