

Education Program 2018

SESSION	DATE & TIME	Location	WHO
BSA Trademark (Athletes) <i>Ray McLean - Leading Teams</i>	Thursday 22nd February 6 – 7pm	DCCC	All Athletes
Injury Prevention <i>Justin Edwards – Corio Bay Health Group</i>	Tuesday 6th March 6 – 7pm	DCCC	All Athletes
Introduction to Nutrition <i>Anne Buso</i>	Tuesday 20 th March 6 – 7pm	DCCC	1 st year Athletes
<i>School Holidays Friday 30th March – Sunday 15th April</i>			
Train Smarter – Not Harder (S&C, balancing training, managing loads) <i>Kris Hinck – Deakin University</i>	Monday 7th May 6 – 7pm	DCCC	All Athletes
Introduction to Sports Psychology <i>Stephen Rendall</i>	Thursday 17 th May 6 - 7pm	DCCC	1 st year Athletes
Sleep Hygiene (How to get a good night's sleep) <i>Dominique Condo - GFC and Deakin University</i>	Monday 4 th June 6 – 7pm	DCCC	All Athletes
Goal Setting/Life Balance/Holistic development <i>Paul Hood – GFC</i>	Monday 25 th June 6 – 7pm	DCCC	1 st year Athletes
<i>School Holidays Saturday 30th June – Sunday 15th July</i>			
Come Clean athlete (ASADA – Drugs In Sport) <i>BioLAB</i>	TBC		All Athletes
Careers in Sport/Health and Fitness Industry <i>Deakin Uni</i>	Date TBC	Deakin	By Invitation
Strategies to keep our brain in great shape (Sleep, Stress, diet & exercise , mindfulness) <i>Stephen Rendall</i>	Wednesday 22 nd August 6 – 7pm	DCCC	All Athletes
Parenting Talented Athletes/The adolescent brain (Parents) <i>Stephen Rendall</i>	Monday 3 rd September 6 – 7.00pm	DCCC	Parents only
<i>School Holidays Saturday 22nd September – Sunday 7th October</i>			
Fit 2Drive <i>TAC</i>	Wednesday 10 th October 6 -7pm	DCCC	15+ athletes
High Performing Leaders <i>Leading Teams</i>	Thursday 25 th October 6 – 7pm	DCCC	By Invitation
VIS Visit	Date TBC	VIS	By Invitation