

2023 BSA EDUCATION PROGRAM SCHEDULE

Date	Session Time	Target Audience	Topic	Presenter
TERM 1				
Tuesday 14 th of February	6-7:15pm	All Athletes	Athlete Trademarks	Jake Bridges – Leading Teams
Tuesday 14 th of February	6-7:15pm	All Parents	Parenting the Adolescent Brain	Steve Rendall
Wednesday 22 nd of February	6:15-7:15pm	Level 1 Athletes	Intro to Strength & Conditioning	Nick Richardson & Will Sexton
Wednesday 22 nd of February	7:15-8:00pm	Level 2 Athletes	Train Smarter & Harder	Kris Hinck
TBC	TBC	All Athletes	Injury Prevention	Justin Edwards - Corio Bay Physio
Tuesday 28 th of March	6-7pm	Level 1 Athletes	Basics of Nutrition	Dr Dom Condo
Tuesday 28 th of March	7-8pm	Level 2 Athletes	Nutrition for Training, Competition & Recovery	Dr Dom Condo
TERM 2				
Monday 1 st of May	5:30-6:30pm	Level 2 Athletes	Mental Preparation for Performance	Steve Rendall
Monday 1 st of May	6:30-7:30pm	Level 1 Athletes	Introduction to Sports Psychology	Steve Rendall
Tuesday 23 rd of May	6-7pm	Elective Session – Female focussed	The Female Athlete	Emily Shears
Monday 5 th of June	6-7pm	Level 2 Athletes	Sleep Hygiene	Dr Dom Condo
Monday 5 th of June	7-8pm	Level 1 Athletes	Recovery Principles	Kris Hinck
TERM 3				
TBC	TBC	Elective Session – All athletes	Being a Cultural Ally	Mathew Stokes
Thursday 3 rd of August	6-7pm	Elective Session – All athletes	Deakin Careers in Sport	Dr Lee Hamilton
TBC	TBC	Elective Session – All athletes	TAC – Driver Safety	TAC
Wednesday 6 th of September	6-7pm	Elective Session – All athletes	Anti-Doping Education Session – Sport Integrity Australia	Sport Integrity Australia - SIA
TERM 4				

