

BSA Swimming Program 2023

ABN 75 008 545 569
Sports House, GMHBA Stadium
370 Moorabool St, Geelong 3220

Practical Program **DRAFT** Schedule

<u>Date</u>	<u>Session</u>	<u>Focus</u>
TERM 1 (30th of Jan – 6th of April):		
Monday 6 th of February 2023	BSA Induction Evening 1 st Years	Introduction & overview of the BSA year. Current/past BSA athletes as guest presenters to discuss making the most of opportunities as a BSA athlete.
Wednesday 8 th of February 2023	BSA Induction Evening 2 nd Years	Introduction & overview of the BSA year. Nigel Lappin from Geelong Cats as guest presenter to discuss taking the next step in your sport.
March (Date TBC)	BSA Practical Session 1	TBC – Time management & breathing/yoga
TERM 2 (24th of April – 23rd of June):		
24 th of April 2023	BSA S&C sessions begin	Tom & Cam will coordinate with athletes & coaches how this will look for each athlete.
Week beginning 22 nd of May (TBC)	BSA Goal setting session	Goal setting for the season with BSA presenter Paul Hood.
Week beginning 29 th of May (TBC)	BSA Sports Psychology Session	Sports psychology session with Steve Rendall
Week beginning 5 th of June (TBC)	BSA Nutrition Session	Nutrition session with Dr Dom Condo
17 th or 18 th of June (TBC)	Swimming Victoria High Performance Day 1	Performance testing with Wayne Lawes & Coaches Venue TBC
TERM 3 (10th of July – 15th of September):		
Late July	BSA Practical Session 2	Focus TBC
1 st of August 2023	BSA S&C sessions completed	Potential options for BSA athletes to complete additional S&C sessions. Tom will communicate to athletes about this.
TERM 4 (2nd of October – 20th of December):		
Date & Time TBC	Swimming Victoria High Performance Day 2	