

## Sailing Session Schedule 2026

**Program Manager: Tony Bull**

**School Terms:**     *T1* Tue 27 Jan – Thurs 2 April  
                               *T3* Mon 13 July – Fri 18 Sept

*T2* Mon 20 Apr-Fri 26 June,  
*T4* Mon 5 Oct – Fri 18 Dec

| Term 1 2026                       |                                                |                                                                                                                                                                                                                          |                |
|-----------------------------------|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Date                              | Event and Venue                                | Session Description                                                                                                                                                                                                      | Guest Speakers |
| Tuesday 24 <sup>th</sup> February | Goal Setting and Athlete Development Planning  | Athletes will explore the importance of goal setting to help turn ambition into action. The goal setting session defines where an athlete wants to go and the Athlete Development Plan outlines how they will get there. | Paul Hood      |
| Tuesday 14 <sup>th</sup> April    | Mentoring Session – From Training to Competing | Session to connect athletes and share key learnings                                                                                                                                                                      | Josh Garner    |
| Term 2 2026                       |                                                |                                                                                                                                                                                                                          |                |
| Date                              | Event and Venue                                | Session Description                                                                                                                                                                                                      | Guest Speakers |
| TBC                               | Training the Sporting Mind                     | Building awareness before skill development. Exploring how thoughts, emotions and behaviours influence performance. Exploring the controllable vs uncontrollable                                                         | Dave Williams  |
| Term 3 2026                       |                                                |                                                                                                                                                                                                                          |                |
| Date                              | Event and Venue                                | Session Description                                                                                                                                                                                                      | Guest Speakers |
| Tuesday 8 <sup>th</sup> September | Planning the Season Ahead in Southern Waters   | Outlining qualifying events and competitions.                                                                                                                                                                            | Tony Bull      |
| TBC                               | Understanding Sail Design                      | Understanding key components of sail design and exploring how each effect power, control and efficiency.                                                                                                                 | TBC            |
| Term 4 2026                       |                                                |                                                                                                                                                                                                                          |                |
| Date                              | Event and Venue                                | Session Description                                                                                                                                                                                                      | Guest Speakers |
| TBC                               | Nutrition for Performance and Recovery         | Understanding how to fuel and refuel your body for training and competition                                                                                                                                              | TBC            |

If you are unable to attend, please contact Tony Bull in advance of the session.

Tony Bull (0438 212 930)