

## BSA Swimming Program 2024

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

### Practical Program Schedule

<u>Date</u>	<u>Session</u>	<u>Focus</u>
<b>TERM 1 (30<sup>th</sup> Jan – 29<sup>th</sup> March 2024)</b>		
Monday 5 <sup>th</sup> of February	<b>BSA Induction Evening 1<sup>st</sup> Years</b>	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 7 <sup>th</sup> of February	<b>BSA Induction Evening 2<sup>nd</sup> Years</b>	Introduction & overview of the BSA year. Paul Hood as guest presenter to discuss taking the next step in your sport.
Tuesday 27 <sup>th</sup> February	<b>1<sup>st</sup> year education sess 1</b>	BSA Trademark behaviours with Leading Teams Parenting the Adolescent brain – <b>S.Rendall</b>
<b>TERM 2 (15<sup>th</sup> April – 28<sup>th</sup> June)</b>		
<b>MARCH</b>	<b>BSA S&amp;C sessions begin</b>	Ross & Cam will coordinate with athletes & coaches how this will look for each athlete. <i>-We have chosen to pay \$120 per athlete towards your S&amp;C commitments with GSC or incorporate MSC swimmers into the BSA High performing S&amp;C squads</i>
<b>6 – 14<sup>th</sup> April – National Aged Championships in Qld 17-21<sup>st</sup> April – National Open Championships Qld</b>		
<b>DATE – Saturday the 18<sup>th</sup> of May (10am-11am)</b>	<b>BSA Goal setting session</b>	Goal setting for the season with BSA presenter <b>Paul Hood</b> .
<b>DATE – 20<sup>th</sup> May. Online from homes via Microsoft teams</b>	<b>BSA Sports Psychology Session</b>	Sports psychology session with <b>Steve Rendall</b>
<b>Olympic Trials - (Nicole, Jesse S and Cameron R)</b>		
9 <sup>th</sup> of June	<b>Swimming Victoria High Performance Day 1</b>	<b>Performance testing with Wayne Lawes &amp; Coaches</b> Venue TBC and booked by PM with BSA paying <i>- Adz to arrange with budget</i>
<b>TERM 3 (15<sup>th</sup> July – 20<sup>th</sup> September)</b>		
<b>Date – TBC by Aaron</b>	<b>12/25m Velocity testing. (Lactate testing)</b>	Held at Christian College pool and taken by PHD student Carla Bulte (Under the guide of VIS supervisor Lachie Mitchell)
<b>1<sup>st</sup> of August 2023</b>	<b>BSA S&amp;C sessions completed</b>	Potential options for BSA athletes to complete additional S&C sessions with <b>P2Performance</b> . Tom will communicate to athletes about this.
<b>TERM 4 (7<sup>th</sup> October – 20<sup>th</sup> December)</b>		
12 <sup>th</sup> of October	<b>Swimming Victoria High Performance Day 2</b>	<b>Performance testing with Wayne Lawes &amp; Coaches</b> Venue TBC and booked by PM with BSA paying