



CENTRAL COAST ACADEMY OF SPORT

2016/17 Athletics Program Schedule

June/July 2016	Program	Venue / Details
Tues 14th June	Athlete Applications Open	www.thinksport.com.au
Thurs 30th June	Athlete Applications Close	Apps must be submitted to the CCAS by 5:00pm
Thurs 14th July	Squad Announced	www.thinksport.com.au (on or around)
July 2016		
Thurs 21st July	Orientation Evening	Mingara Recreation Club 6.00pm- 7.00pm
Sun 24th July	Introduction from Coaches Training Session	Mingara Track 9:00am - 11.00am
Aug 2016		
Sun 7th Aug	Activity Day (Additional cost TBC)	Mingara Track 9.30am - 12:00pm Tree Tops Adventure Park (TBC) 12.00-3.00pm
Sun 21st Aug	Training Session	Mingara Track 9:00am - 11.00am
Sep 2016		
Sun 4th Sep	Track session Education Session (Nutrition)	Mingara Track 10:30am - 12:45pm Mingara Boardroom 1:00pm - 2:00pm
Sun 18th Sep	Training Session	Mingara Track 9:00am - 11.00am
Oct 2016		
13 - 16th Oct	NSW All Schools Championship	Sydney Olympic Park Athletic Centre
Sun 23rd Oct	Beach session	Mingara Track 10:30am - 12:45pm
Nov 2016		
19 - 20th Nov	NSW State Relays	Sydney Olympic Park Athletic Centre





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2016/17 Athletics Program Schedule cont.

Nov 2016 cont

Sun 27th Nov	Squad training session	Mingara Athletics Track 9.00-11.00am
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Dec 2016

Sun 11th Dec	Beach training session	Shelly Beach 9.00am - 11.00am
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Christmas break

Jan 2017

Sun 15th Jan	Final squad training session	Mingara Athletics Track 9:00am - 11:30am
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Sat 28th Jan (TBC)	Hunter Track Classic Attend as spectators (TBC)	Hunter Sports Centre Times TBC
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Sept 2017

TBC	CCAS Awards Evening	Mingara Recreational Club The Showroom 6.00pm - 8.30pm
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**Please note this is a draft schedule and subject to change.
Selected athletes will be notified of any changes with suitable notice.*

