



CENTRAL COAST ACADEMY OF SPORT

Crowne Plaza Terrigal High Performance Surfing Program 2016/17 Schedule

AUGUST 2016		
Thurs 25th August	Applications Open	Information and registrations found on www.thinksport.com.au
SEPTEMBER 2016		
Wed 28th Sept	Applications Close	Close of Business
OCTOBER 2016		
Wed 5th Oct	Athlete Selection Announced	www.thinksport.com.au
Wed 12th Oct	Orientation Session , Uniform Presentation, Introduction, program overview.	Mingara Recreation Club 5.00pm-6.00pm
Mon 17th Oct	Surf Training Session	3:45pm - 5:45pm Shelly Beach
Mon 31st Oct	Surf session + water photo session with Terry Webster	3:45pm - 5:45pm Shelly Beach
NOVEMBER 2016		
Mon 14th Nov	Surf Training Session	3:45pm - 5:45pm Shelly Beach
Mon 21st Nov	Education Session Skin Safety - Cancer Council Australia	TBC
Mon 28th Nov	Surf Training Session + water photo session with Terry Webster	3:45pm - 5:45pm Shelly Beach
DECEMBER 2016		
Mon 5th Dec	Contest Day including Heat Strategy, discussions and Video Footage	3:45pm - 5:45pm Shelly Beach
Christmas Break	Program Christmas Break	Christmas Break





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DECEMBER 2015 - JAN 2016		
Sat 21st Dec - Mon 30th Jan	CHRISTMAS SCHOOL HOLIDAYS	
FEBRUARY 2017		
Mon 6th Feb	Contest Video review and discussion of Heat Strategy Surf Training Session	3:45pm - 4:45pm 4:45pm - 5:45pm Shelly Beach
Mon 13th Feb	Gym Session	Mingara Recreation Club
Mon 27th Feb	Breath Holding Session	3:45pm - 5:45pm Shelly Beach
MARCH 2017		
Mon 6th March	Surf Training Session	3:45pm - 5:45pm Shelly Beach
Mon 20th March	Drug and Alcohol Education Session	The Glen Time TBC
Mon 27th March	Final Training Session and Skate Session Discuss overall feedback for athlete about manoeuvres, contests and program.	3:45pm - 4:45pm Shelly Beach Golf Club 4:45pm - 6:00pm TBC
APRIL 2017		
Fri 7th - Sun 9th	Clubs NSW Academy Games Surfing Exhibition	Soldiers Beach Time TBC
OCTOBER 2017		
TBC	CCAS Annual Awards Evening	Mingara Recreation Club Further information to be sent to selected athletes closer to the date.

