

Target Talent Program – South Australia

2018

Session 1	Sunday 27 th May		
	Time	Session	Target Audience
Coaches' Breakfast	8.00am – 9.00am	Introductory Session	TTP & Personal Coaches
TTP Education Session	9.00am – 11.00am	Success under pressure (Sport Psych)	Athletes, Parents & Coaches
Practical Session	11.00am – 1.00pm	Event Groups AA Curriculum	

Session 2	Sunday 17 th June		
	Time	Session	Target Audience
Coaches' Breakfast	8.00am – 9.00am	Evolving Coaching	TTP & Personal Coaches
TTP Education Session	9.00am – 11.00am	Recovery Procedures	Athletes, Parents & Coaches
Practical Session	11.00am – 1.00pm	Event Groups AA Curriculum	

Session 3	Sunday 1 st July		
	Time	Session	Target Audience
Coaches' Breakfast	<i>9.00am – 11.00am</i>	Neuro Psych for Coaches By Emma Matthey	TTP & Personal Coaches
TTP Education Session	9.00am – 11.00am	Motivation & Goal Setting	Athletes
<i>Parent Session</i>	<i>11.00am – 12.30pm</i>	Supporting your athlete	Parents
Practical Session	11.00am – 1.00pm	Event Groups (Shot & Discus - Ken Harradene Masterclass)	Athletes and Coaches

*Please note the special times

Session 4	Sunday 5 th August		
	Time	Session	Target Audience
Coaches' Breakfast	8.00am – 9.00am	Topic to be confirmed	TTP & Personal Coaches
TTP Education Session	9.00am – 11.00am	Event Specific Nutrition ASADA Training	Athletes, Parents & Coaches
Practical Session	11.00am – 1.00pm	Event Groups AA Curriculum	

Session 5	Sunday 26 th August – National Cross Country Weekend		
	Time	Session	Target Audience
Coaches' Breakfast	8.00am – 9.00am	Topic to be confirmed	TTP & Personal Coaches
TTP Education Session	9.00am – 11.00am	Athlete Balance Education and Sport	Athletes, Parents & Coaches
Practical Session	11.00am – 1.00pm	Event Groups AA Curriculum	

Session 6	Sunday 9 th September		
	Time	Session	Target Audience
Coaches' Breakfast	8.00am – 9.00am	Topic to be confirmed	TTP & Personal Coaches
TTP Education Session	9.00am – 11.00am	Elite Athlete Habits	Athletes, Parents & Coaches
Practical Session	11.00am – 1.00pm	Event Groups (High Jump – Sandro Bisetto Masterclass)	

Session 7	Sunday 7 th October		
	Time	Session	Target Audience
Coaches' Breakfast	8.00am – 9.00am	Topic to be confirmed	TTP & Personal Coaches
TTP Education Session	9.00am – 11.00am	Athlete Grit and Resilience	Athletes, Parents & Coaches
Practical Session	11.00am – 1.00pm		

**We are still confirming the date of the Javelin Masterclass, all will be notified with the date.