



NSWISA Tri-Star Camp 2: 2016

Sunday, June 26

Venue:	Sydney Academy of Sport & Recreation, Narrabeen.
Jess Rich	OWIA and NSWIS Snowboard Slopestyle athlete
Emma Lincoln-Smith	2010 Vancouver Olympian (Skeleton) Level 4 Trainer Certificate
Vanessa Price	Dance (RAD certified)
Kailani Craine and Katie Pasfield	Senior NSW athletes
Gerard Faure-Brac	NSW Institute of Sport Psychologist
Athlete speaker	Olympic medallist TBA
Parent speaker	Feeding Young Champions: Dietician/Nutritionist TBA

<u>TIME</u>	<u>ACTIVITY</u>	<u>LEADER</u>	<u>LOCATION</u>
7.45am	Arrival and registration	NSWISA	Lv 1 Sports Science
8.00am	NSWISA President update	Paul Harris	Lv 1 Sports Science
8.10am – 8.15am	Chalk and Talk (All participants)	Emma	Lv 1 Sports Science
8.20am – 8.35am	All skaters. Warm up	Emma	Oval 1
8.20am – 9.20am	Parents: Feeding Young Champions	TBA	Lv 1 Sports Science
8.40am – 9.40am	Group A: Dance	Vanessa	Archery Room
	Group B: Talk & Testing	Emma	Weights room
	Group C: Pysch (goals & comp prep)	Gerard	Oval 1
9.45am – 10.00am	Food and Drink		Motel Dining Hall
10.00am – 11.00am	Group A: Talk & Testing	Emma	Weights room
	Group B: Psych	Gerard	Oval 1
	Group C: Dance	Vanessa	Archery Room
11.00am – 12.00pm	Group A: Psych (goals & comp prep)	Gerard	Oval 1
	Group B: Dance	Vanessa	Archery Room
	Group C: Talk & Testing	Emma	Weights room
12.00 – 12.45m	Athletes' Lunch	Kailani & Katie	Motel Dining Room
12.15 – 1.15	Coaches Lunch: Psych:	Gerard	Lv 1 Sports Science



New South Wales Ice Skating Assoc Inc

<u>TIME</u>	<u>ACTIVITY</u>	<u>LEADER</u>	<u>LOCATION</u>
12.45pm -1.15pm	Group A: Plyometrics Group B: Drama Group C: Sports Yoga	Emma Vanessa Jess	Oval 1 Lv 1 Sports Science Oval 1
1.15pm – 1.45pm	Group A: Sports Yoga Group B: Plyometrics Group C: Drama	Jess Emma Vanessa	Oval 1 Oval 1 Lv 1 Sports Science
1.45pm – 2.15pm	Group A: Drama Group B: Sports Yoga Group C: Plyometrics	Vanessa Jess Emma	Lv 1 Sports Science Oval 1 Oval 1
2.15pm – 3.00pm	Athletes Talk from Olympic Medallist	TBA	Lv 1 Sports Science
3.00 – 3.15	Debrief, exit survey and depart		

Clothing: Training gear. Sports shoes essential. Bring hat and sunscreen.

First Aid: Emergency Contact: NSWISA Secretary Peter Jones. Tel.0412 563175

Meals: **Morning tea and lunch is provided.** It is a requirement of the Sydney Academy of Sport & Recreation that a 'Medical Consent' form, which includes any food allergies, be completed online by every participant before the camp.

Parents drop off and pick up: Parents are invited to attend the 'Parent Talk' from 8.20am – 9.20am. Please return by 3.00pm for the debrief. All participants should leave the Academy of Sport no later than 3.30pm.

Wet weather: A wet weather plan will be in operation for all scheduled activities.