***Targeted Sports Program***

***Rugby League - Term 2 2023***

* Outlined in the table below is the program students involved in the Targeted Sports Program (TSP) will be following during Term 2. The program has been developed to build up individual’s skills through cross training techniques as well as sport specific sessions. Each member of the program needs to use this outline as a guide and be prepared for the relevant session with the appropriate gear listed.

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|  | ACTIVITY | EQUIPMENT |
| **Week 1**  **26/4/23** | Beach Games/Fitness – Terrigal Beach **ALL TSP** | Drink bottle, Hat, Full PE Uniform, Runners etc. |
| **Week 2**  **3/5/23** | Sports Specific Coaching – Duffy’s Road  **With Sports specific Coaches** | League boots, Mouth guard Socks, Drink bottle, Towel, Full PE uniform etc. |
| **Week 3**  **10/5/23** | Clip N Climb – Lower and upper body strength, core strength. Bus from THS at 9:25am | Drink bottle, Towel, Full PE Uniform, Runners etc. |
| **Week 4**  **17/5/23** | Sports Specific Coaching – Duffy’s Road  **With Sports specific Coaches** | League boots, Mouth guard Socks, Drink bottle, Towel, Full PE uniform etc. |
| **Week 5**  **24/5/23** | Zu Fitness Duffy’s Oval – Strength, flexibility, mobility, anaerobic fitness. | Drink bottle, Towel, Full PE Uniform, Runners etc. |
| **Week 6 31/5/23** | Sports Specific Coaching – Duffy’s Road  **With Sports specific Coaches** | League boots, Mouth guard Socks, Drink bottle, Towel, Full PE uniform etc. |
| **Week 7 7/6/23** | Ninja Warrior – Core strength, balance, co-ordination, upper body strength. Bus from THS at 9:25am | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 8 14/6/23** | Sports Specific Coaching – Duffy’s Road  **With Sports specific Coaches** | League boots, Mouth guard Socks, Drink bottle, Towel, Full PE uniform etc. |
| **Week 9 21/6/23** | **Showcase Game:** Vs Wadalba & Narara High School – Duffy’s Oval or Breakers Indoor Sports Stadium | League boots, Mouth guard Socks, Drink bottle, Towel, Full PE uniform etc. |
| **Week 10 28/6/23** | Sports Specific Coaching – Duffy’s Road  **With Sports specific Coaches** | League boots, Mouth guard Socks, Drink bottle, Towel, Full PE uniform etc. |