

# Targeted Sports Program

## League - Term 1 2024

- Outlined in the table below is the program students involved in the Targeted Sports Program (TSP) will be following during Term 1. 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 equipment listed.

	<b>ACTIVITY</b>	<b>EQUIPMENT</b>
<b>Week 1</b> 31/1/24	<b>Pupil Free Day</b>	NA
<b>Week 2</b> 7/2/24	THS Swimming Carnival	Please see permission note:
<b>Week 3</b> 14/2/24	<b>Treasure Hunt / Team Building Games –</b> Terrigal Haven ALL TSP	Drink bottle, Towel, Full PE Uniform, Runners
<b>Week 4</b> 21/2/24	Sports Specific <b>Coaching</b> – Breakers Indoor Sports Centre	Football Boots, Mouth Guard, Socks, Drink bottle, Towel, Full PE uniform etc.
<b>Week 5</b> 28/2/24	<b>ZUU with Kane</b> : Body Movement, Flexibility, Strength, Co-ordination - Duffys Oval	Drink bottle, Towel, Full PE Uniform, Runners, Face Mask
<b>Week 6</b> 6/3/24	Sports Specific <b>Coaching</b> – Breakers Indoor Sports Centre	Football Boots, Mouth Guard, Socks, Drink bottle, Towel, Full PE uniform Etc.
<b>Week 7</b> 13/3/24	<b>Aqua Aerobics</b> : Aerobic Fitness, muscular endurance, core strength - Erina	Drink bottle, Towel, Full PE Uniform, Runners, Face Mask
<b>Week 8</b> 20/3/24	Sports Specific Coaching – Breakers Indoor Sports Centre <b>With Sports specific Coaches</b>	Football Boots, Mouth Guard, Socks, Drink bottle, Towel, Full PE uniform etc.
<b>Week 9</b> 27/3/24	<b>The Collective Gym with Troy:</b> Breathing techniques, mindfulness , team work, strength - Erina	Drink bottle, Towel, Full PE Uniform, Runners
<b>Week 10</b> 3/4/24	Sports Specific Coaching – Breakers Indoor Sports Centre <b>With Sports specific Coaches</b>	Football Boots, Mouth Guard, Socks, Drink bottle, Towel, Full PE uniform etc.
<b>Week 11</b> 10/4/24	Showcase Game: Vs TBC – Duffy's Oval or Breakers Indoor Sports Stadium	Football Boots, Mouth Guard, Socks, Drink bottle, Towel, Full PE uniform etc.