

Timietable - Club Information Day

Time	Details / Area of Focus
09:30 - 10:00	Sign In / Informal Chat / Introductions
10:00 - 11:00	Breaking Down a Season - The Annual Plan
11:00 - 11:15	Break
11:15 - 12:00	Setting Benchmarks - How and When to Test
12:00 - 13:00	Q/A - Case Study - What can I help you with?
13:00 - 13:45	Lunch
13:45 - 14:00	Evening Session / Chat / Intorductions
14:00 - 15:00	Psychological Skills Training / Methods for you
15:00 - 16:00	Fuelling Before, During and After / Nutrition Basics
16:00 - 16:15	Break
16:15 - 17:00	Club Choice - Areas of Weakness?
17:00 - 17:30	Wrapping Up / Q/A / Contact