***POWER CAMP September 2010***

**Sunday 12th**

1500 -Arrive at Domain Athletics Centre

1545- Testing session

1800- BBQ Tea

1930- Coaches presentation – 400m

Peter Fortune

**Monday 13th**

0800- Breakfast

0930- Training Session, with various events videoed for analysis by coaches?

(Coaches review videos one on one with athletes)?

1200- Lunch

1330- Presentation Dr John Boas

Horizontal Jumps Preparation and training

1500 – Training session

1700- Flexibility, Core

1800- Tea cooked by Anne

1930- Movie

**Tuesday 14th**

0800- Breakfast

0930-11.30 Training Session - various events videoed for analysis?

Coaches review videos with athletes

1200- Lunch

1300- 1400- Panel Bohdan Babijczuk, John Boas, Peter Fortune, Gus Puoplulo

1400-1500 Dr John Boas Horizontal Jumps Tech. Model/ Gus Puopulo Throws

15.30 -1800 Training session/Core session/strength session

1800- Tea cooked by Anne

1900- De-Brief on clinics?

**Wednesday 15th**

0730- Breakfast

0815- Pack up

0900- Set Up for Clinics

1000- Start of Clinics

1300- Clinics Conclude

1400- Depart