

Targeted Sports Program

Rugby League - Term 2 2024

- 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 equipment listed.

	ACTIVITY	EQUIPMENT
Week 1 1/5/24	Ninja Warrior Gosford – Balance, Coordination, upper and lower body strength, flexibility, power. Bus from THS	Drink bottle, Towel, Full PE uniform, Runners
Week 2 8/5/24	Sports Specific Coaching – Duffy's Road Oval	Football boots, socks, mouthguard, drink bottle, Towel, Full PE uniform
Week 3 15/5/24	Clip n Climb Gosford – Muscular endurance, upper and lower body strength, core strength, balance. B Bus from THS	Drink bottle, Towel, Full PE uniform, Runners.
Week 4 22/5/24	Sports Specific Coaching – Duffy's Road Oval	Football boots, socks, mouthguard, drink bottle, Towel, Full PE uniform
Week 5 29/5/24	Personal Training with Michelle from Be Energised – Body Movement, Flexibility, Strength, Coordination – Duffy's Road	Drink bottle, Towel, Full PE uniform, Runners
Week 6 5/6/24	Sports Specific Coaching – Duffy's Road Oval	Football boots, socks, mouthguard, drink bottle, Towel, Full PE uniform
Week 7 12/6/24	Round Robin – All TSP sports interschool competition	Drink bottle, Towel, Full PE uniform, Runners
Week 8 19/5/24	Sports Specific Coaching – Duffy's Road Oval	Football boots, socks, mouthguard, drink bottle, Towel, Full PE uniform
Week 9 26/6/24	Showcase Gala Day vs Wadalba/Narara Valley HS – Duffy's Oval or Breakers Indoor Sports Stadium	Football boots, socks, mouthguard, drink bottle, Towel, Full PE uniform
Week 10 3/7/24	Sports Specific Coaching – Duffy's Road Oval	Football boots, socks, mouthguard, drink bottle, Towel, Full PE uniform