

# Targeted Sports Program

## Rugby League - Term 1 2025

- Outlined in the table below is the program students involved in the Targeted Sports Program (TSP) will be following during Wednesdays P1 & P2 , 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>DATE</b>	<b>ACTIVITY</b>	<b>EQUIPMENT</b>
<b>Week 2</b> 5/2/25	<b>NO SCHOOL FOR ANY STUDENT</b>	
<b>Week 3</b> 12/2/25	<b>Terrigal Haven - ALL TSP</b> sports will walk to the Haven for their Introductory/Team Building Activities	Drink bottle,Hat , Full PE Uniform, Runners etc.
<b>Week 4</b> 19/2/25	<b>THS School Swimming Carnival</b>	
<b>Week 5</b> 26/2/25	<b>Jui Jitsu with Tiago, Erina</b> – Balance, co-ordination, upper & lower body strength, flexibility, power - Bus from THS	Drink bottle, Towel, Full PE Uniform, Runners, Hat etc.
<b>Week 6</b> 5/3/25	Sports Specific <b>Coaching</b> – Duffys Oval <b>With Sports specific Coaches</b>	Football boots, Socks, Mouthguard, Drink bottle, Towel, Full PE uniform
<b>Week 7</b> 12/3/25	<b>Aqua Aerobics, 5 Star Swim Erina</b> – Aerobic Capacity, muscular endurance, upper & lower body strength, VO2 Max, power - Bus from THS	Drink bottle, Towel, Full PE Uniform, Runners, Hat etc.
<b>Week 8</b> 19/3/25	Sports Specific <b>Coaching</b> – Duffys Oval <b>With Sports specific Coaches</b>	Football boots, Socks, Mouthguard, Drink bottle, Towel, Full PE uniform
<b>Week 9</b> 26/3/25	<b>Personal Training with Kane</b> : Body Movement, Flexibility, Strength, Co-ordination - Duffys Oval	Drink bottle, Towel, Full PE Uniform, Swimmers, Goggles etc.
<b>Week 10</b> 2/4/25	Sports Specific <b>Coaching</b> – Duffys Oval <b>With Sports specific Coaches</b>	Football boots, Socks, Mouthguard, Drink bottle, Towel, Full PE uniform
<b>Week 11</b> 9/4/25	Sports Specific <b>Coaching</b> – Duffys Oval <b>With Sports specific Coaches</b>	Football boots, Socks, Mouthguard, Drink bottle, Towel, Full PE uniform