



## Office Contacts

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## 2010-2011 Hunter Academy of Sport Australian Football Talent Development Squad **DRAFT PROGRAM**

1. Program will include specialist coaching sessions with Hunter Academy of Sport consultants including physiotherapists, nutritionists, strength and condition etc. As the program has been developed in conjunction with AFL NSW/ACT (Hunter) all participants will also have access to various resources provide by the governing body.
2. Program Activities

Session	Date	Details
	Sunday 19 September	Selection Trial, Bill Elliott Oval
1 & 2	October	Myuna Bay Live in Weekend Camp (including nutritionist, strength and conditioning session and motivational talk)
3	November	
4	December	
5	January	
6	February	
7	March	
8	Early June	
9	Early August	

\*Between sessions 2 and 4 – Individual physio screening and sports psych appointments