

MWAS Calendar 2016

Event	Date	Venue	Information	Who should attend?
Scholarship Ceremony	February 12 5:30pm	Geraldton Universities Centre	Official presentation to Athletes Coaches & Officials.	Compulsory for scholarship recipients. Invitations will be sent.
Fitness Testing #1	February 13 8:00am	Central West Health & Rehab (CWHR) Urch St		Compulsory – Athletes. Coaches of scholarship holders should attend. Cancelled – testing individualised
Individual Athlete Plan	Start February 15		Individual training plans to be developed.	Athletes, coach of athlete, Sport Scientist, MWAS. Parents welcome.
Supermarket Tour	February 18 5:00pm	Queens IGA	Nutrition information session - very practical.	Athletes and Parents together. Completed
Supermarket Tour	February 22 5:00pm	Queens IGA	Nutrition information session - very practical.	Athletes and Parents together. Completed
MWAS Perth Camp	February 26&27	Perth accommodation 1 night TBC	Travel Friday evening. Activities Saturday incl. WAIS Tour, elite athlete and coach presentations, fun training games and sport psychology.	Compulsory for athletes. Coaches and parents are welcome. Postponed – new date tbc
Sports Psychology	March 12&13	MWAS	Developing mental skills to understand the athlete journey. How athletes, parents and coaches can work together. Individual face to face session for every athlete. Sessions for coaches and parents.	Confirmed. Athletes, coaches, parents and officials. Completed
Anti-doping Education	April 6	MWAS	Education on drugs in sport and pure performance	Compulsory for all MWAS athletes. Parents welcome. Recommended for coaches.
Keynote Presentation	May 9	Geraldton Universities Centre	Fantastic opportunity to hear from an Australian icon as player and coach.	Compulsory for MWAS athletes, other scholarship holders welcome. Parents welcome.
MW Chamber of Commerce Business After Hours function	May 18	Nagle Catholic College	Looking to promote the MWAS to the local business community in collaboration with Nagle.	Athletes and coaches required to support with duties on the night. Some selected to speak about MWAS and their story.
MWAS Perth Camp	May 20-21	Perth accommodation 1 night	Travel Friday evening. Activities Saturday incl. WAIS Tour, elite athlete and coach presentations, fun training games and sport psychology.	Compulsory for athletes.
Insights from Damien Martin	May 27	MWAS	Perth Wildcats captain Damien Martin sharing his experiences.	Available to athletes, coaches, parents and sponsors.
Sports Psychology	May 28-29	MWAS	Continued development of mental skills and learning. Individual face to face for every athlete. Sessions for coaches/ parents.	Compulsory for athletes. Parents and Coaches will gain significantly from attending for the athlete and themselves and are encouraged to do so.
Nutrition practical food preparation	Possibly 13 June	TBC	Practical tips on food selection and preparation with hands on participation	All MWAS athletes and parents – learn and share together.
Developing Champions	June 27	MWAS	Life skills program. Advanced Elective Units	Athletes who have completed Foundation units
Sports Psychology	July 23-24	MWAS	Continued development of mental skills and learning. Individual face to face for every athlete. Sessions for coaches/ parents.	Compulsory for athletes. Parents and Coaches will gain significantly from attending for the athlete and themselves and are encouraged to do so.
Developing Champions	September 18	MWAS	Life skills program. Core Foundation units and Advanced Foundation units	Compulsory for all athletes – sessions vary depending on previous exposure. TBC
Sports Psychology	October 15&16	MWAS	Advancing on the earlier sessions to continue the development of key skills.	Compulsory for athletes. Parents and Coaches will gain significantly from attending.
MWAS End of Year BBQ	December 9	Foreshore	Opportunity to acknowledge the effort put in over 2016.	All of MWAS – Athletes, Coaches, Parents, Sponsors, Board, supporters