



NSWISA Tri-Star Camp 1 2016

Sunday, 22 May 2016

Sami Kennedy-Sim	OWIA athlete, 2014 Sochi Olympian (Ski Cross) Level 4 Trainer Certificate
Nicole Porter	OWIA athlete, 2014 Sochi Olympian (moguls) Level 4 Trainer Certificate
Emma Lincoln-Smith	2010 Vancouver Olympian (Skeleton)) Level 4 Trainer Certificate
Vanessa Price	Dance (RAD) certified
Psychologist	Dr Thomas Hammond (<i>to confirm</i>)
Lee Capes (coach speaker)	1988 Olympic Gold Medallist, A-Grade Hockey Coach, figure skating mum, PLC Sydney College Sports Director
Cheltzie Lee (athlete speaker)	2010 Vancouver Olympian (figure skater). Former OWIA athlete
Sam Hall (athlete speaker)	2014 Sochi Olympian (moguls). Former OWIA athlete
Renita Lee (parent speaker)	Mother of Olympian. School teacher

TIME	ACTIVITY	LEADER
7.15am	Arrival and registration	
7.45am	NSWISA President- Intro/Open	Paul Harris
8.00am	*Chalk and Talk: (upstairs outside the lab area)	Emma
8.15am – 9.00am	Athletes. Warm up	Nicole and Emma
8.00am – 8.45am	*Parent information session.	Renita Lee
9.00am – 9.45am	*Group A: Dance	Vanessa
	Group B: Testing	Emma
	Group C: Circuit	Nicole
9.45am – 10.15am	Food and Drink (dining hall)	
10.15am – 11am	Group A: Testing	Emma
	Group B: Circuit	Nicole
	*Group C: Dance	Vanessa
11.15am – 12noon	Group A: Circuit	Nicole
	*Group B: Dance	Vanessa
	Group C: Testing	Emma
12noon – 12.45pm	Lunch & ten questions (athletes)	with Cheltzie and Sam
12 noon – 1.00pm	*Lunch (coaches)	with Lee Capes
12.45pm -1.30pm	Group A: Being responsible for physical and mental preparation	Psych (TBC)
	Group B: Interval Training	Sami
	Group C: Body Weight Training	Nicole



New South Wales Ice Skating Assoc Inc

1.30pm – 2.15pm	Group A: Interval Training Group B: Being responsible for physical and mental preparation Group C: Body Weight Training	Sami Nicole	Psych (TBC)
2.15pm – 3.00pm	Group A: Body Weight Training Group B: Being responsible for physical and mental preparation Group C: Interval Training	Nicole Sami	Psych (TBC)
3.00pm – 3.30pm	*Warm Down and Debrief.		

Many activities will be outdoors. Bring a hat and sunscreen.