Supporting Australia's current and future sporting champions

**Strength and Conditioning**

S&C plays an important role in building robust athletes. It can reduce the risk of injuries brought on by the physical demands of sport training, while developing the physical characteristics that support an individual's long term athletic development. The TAP program will be about educating our young athletes on what is required to improve performance. Our coaches will work alongside your technical coaches to provide an individual training plan. This will include training body weight exercises, agility, strength, core fitness, flexibility, mobility training and sport specific exercises.

**Seminars, Workshop and Lectures**

Seminars are an important part of the TAP program, as we aim to empower our athletes to improve their performance and lifestyle thorough knowledge. Understanding effective recovery strategies, or how to handle pressure at the key moment, have all been topics that we have covered in our current lecture series. This excellent series of lectures will be extended to the TAP program to ensure the best and most accurate knowledge is available to all athletes on our programs.

**Injury Prevention**

Our injury prevention aim is to best prepare our athletes for training and competition, whilst reduce the chances of sustaining injury. Hospital treated sports injuries have increased 29% in the last six years in Australia. Our focus is to introduce athletes to well planned warm ups and conditioning exercises that make a difference.

**Mentoring**

The demands of being a student and an athlete are only becoming more challenging. Athletes are asked to commit to their training program more than ever, while parents equally want them to strive academically. The TAP program aims to support this process and provide mentorship through our coaches and current athletes to nurture this process, and act as a vital support mechanism.

**Flexibility and Mobility**

This is one of the most ignored parts of youth training programs that we believe has the most impact. Developing and maintaining flexibility and mobility only gets harder when we age. The benefits far out way the negatives, but education in this area is neglected or not targeted. Our program pays special attention to flexibility and mobility to ensure our athletes are accomplished in all aspects of fitness in preparation for competition.