



# 2022 Q YOUTH ACADEMY



## Player & Referee Athlete Program

### **Friday 11 February**

AM	Travel to Gold Coast Performance Centre
1:00pm	Youth Academy Opens
1:30pm	Gold Coast Performance Centre Induction
2:00pm	QTF Skill Development - 13 Teams / Team Training / Team Bonding / FITLAB – Testing: Speed, Agility, Fitness
4pm	Pool Recovery
5:30pm	Dinner
7:00pm – 8:30pm	Referee & Player Athletes / Team Building Games
8:30pm	Supper at Lodge
9:30pm	Day Ends
10:30pm	Lights Out

### **Saturday 12 February**

6:30am	Breakfast
7:45am	Travel as a team to training fields in JETS/ BRONCOS / COWBOYS / TITANS uniform
8am	Referee Forum
8am	Team Photo's
8am – 9:30am	Team Training
9:30am	Morning Tea
10am – 11:30am	Boys & Girls Games Commence / 25 minute games / 6 fields / 2 games each team
11am	Pool and Ice Baths
12:00pm	Lunch
1:15pm	Travel as a team to training fields in JETS/BRONCOS / COWBOYS / TITANS uniform
1:30pm	Qld Origin Stars Session - QTF SOO Men's, Women's & Mixed Open Team Training Drills
2:45pm	Afternoon Tea
3pm – 4:30pm	Mixed Games Commence / 25 minute games / 6 fields / 2 games each team
4:00pm	Pool and Ice Baths
5:30pm	Dinner
7:00pm – 8:30pm	Referee & Player Athletes / Touchies Have Talent Team Building Finale
8:30pm	Supper at Lodge
9:30pm	Day Ends
10:30pm	Lights Out



# 2022 Q YOUTH ACADEMY



## Sunday 13 February

7:00am	Breakfast
7:30am	Clean up Cabins & Lodge.
7:45am	Travel as a team to training fields in JETS/BRONCOS / COWBOYS / TITANS uniform
8am – 9:00am	Boys & Girls Team Training
9am – 10:30am	Boys & Girls Games Commence / 25 minute games / 6 fields / 2 games each team
10am	Pool and Ice Baths
11am	Player Development Feedback Report
12:00pm	Lunch
1:30pm	Camp Debrief
2pm	Youth Academy Closes
PM	Travel home from Gold Coast Performance Centre

DRAFT