

High Performance Sport Programme

Long Term Plan - 2021

Name:	Sport:	Year Level:	Age:
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Short Term Academic Goals	Long Term Academic Goal	Short Term Sport Goals	Long Term Sport Goals	Nutrition	Sport Psych	Injuries

Dates	Term Calender	TERM 1										HOLS		TERM 2										HOLS		TERM 3										HOLS		TERM 4										HOLS									
	Months	JAN		FEB			MAR			APR				MAY				JUN			JUL			AUG				SEP		OCT			NOV			DEC			JAN																		
	Monday	25	1	8	15	22	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10					
Week	1	2	3	4	5	6	7	8	9	10			1	2	3	4	5	6	7	8	9	10					1	2	3	4	5	6	7	8	9			1	2	3	4	5	6	7	8												
Assignments																																																									
Exam Block																																																									
Trials																																																									
Camps																																																									
Fixtures																																																									
Rep Games																																																									
Academic Particulars																																																									
Athletic Particulars																																																									
Macrocycles																																																									
Microcycles		1	2	3	4	5	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53					
Testing Dates																																																									
STRESS	100%																																																								
	90%																																																								
	80%																																																								
	70%																																																								
	60%																																																								
	50%																																																								
	40%																																																								
	30%																																																								
	20%																																																								
10%																																																									

	A.M	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Before School	5:00am						5:00am		
	6:00am						6:00am		
	7:00am						7:00am		
School	Home Room						8:00am		
	Period One						9:00am		
	First Break						10:00am		
	Period Two						11:00am		
	Period Three						12:00pm		
	2nd Break						1:00pm		
	Period Four						2:00pm		
After School	3:00pm						3:00pm		
	4:00pm						4:00pm		
	5:00pm						5:00pm		
	6:00pm						6:00pm		
	7:00pm						7:00pm		
	8:00pm						8:00pm		
	9:00pm						9:00pm		
	10:00pm						10:00pm		
11:00pm						11:00pm			
Notes/ Comments						Notes/ Comments			

Suggested Study Plan/Blocks + **ACADEMIC TRAINING SESSION (WEEKENDS):**

High Performance Sport Programme

Term One - Assessment Planning

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	25th Jan						
Week 2	1st Feb						
Week 3	8th Feb						
Week 4	15th Feb						
Week 5	22nd Feb						
Week 6	1st Mar						
Week 7	8th Mar						
Week 8	15th Mar						
Week 9	22nd Mar						
Week 10	29-Mar						

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Term Two - Assessment Planning

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	19th Apr						
Week 2	26th Apr						
Week 3	3rd May						
Week 4	10th May						
Week 5	17th May						
Week 6	24th May						
Week 7	31st May						
Week 8	7th Jun						
Week 9	14th Jun						
Week 10	21th Jun						

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Term Three - Assessment Planning

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	19th Jul						
Week 2	26th Jul						
Week 3	2nd Aug						
Week 4	9th Aug						
Week 5	16th Aug						
Week 6	23rd Aug						
Week 7	30st Aug						
Week 8	6th Sep						
Week 9	13th Sep						

High Performance Sport Programme

Term Four - Assessment Planning

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	5th Oct						
Week 2	12th Oct						
Week 3	19th Oct						
Week 4	26th Oct						
Week 5	2th Nov						
Week 6	9th Nov						
Week 7	16th Nov						
Week 8	23rd Nov						