



TRINITY COLLEGE

Athletic Development

Trinity College is serious about providing the best-possible framework for its students to achieve athletic success. The **Athletic Development Program** is designed specifically for serious athletes wishing to work on getting the most out of their body. Through regular, focussed training, athletes will get a chance to improve their:

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- Balance
- Explosive power
- Endurance
- Agility



Core stability is the foundation of any athletic performance. With good core stability, your body works more efficiently and is able to achieve better results in the categories mentioned above. The **Athletic Development Program** will focus heavily on core stability, providing a stronger physical foundation.

You can expect:

- Exercises to improve strength in the muscles from the knees up to the rib cage, including medicine ball work
- Agility drills with cones
- Balancing exercises
- Running - to improve your stamina
- Exercises to improve your explosiveness

If you want to jump higher, run faster, turn quicker, be stronger, have better balance or be injured less, then **Athletic Development** is for you. If you are looking for an off-season training program that will give you the 'edge', then **Athletic Development** is for you.

Commitment: Monday and Wednesday, 3:30-4:30 on the Back Oval.

Format: The program will run in station format, where you spend a short amount of time in one activity, then you move around the other exercises like a circuit.

Coaching: The program will be led by existing Trinity College strength & conditioning and athletics coaches,

while being overseen by dual Commonwealth Games Gold Medallist **Sean Carlin** and three-time National Basketball League Champion **Rupert Sapwell**.

Warning: There will be a lot of repetition and attention to detail – if you're easily bored, then this focussed, professional program is **not for you**. The only way to achieve genuine results is to commit fully to a regime. You will only get out what you put in.



Cost: \$70 for the ten-week program or **FREE** if you make the school athletics team.

Enrol online with your summer sport nomination