

Workshop Calendar 2022

September

- Nutrition Session – Athletes **6th September** – Online

October

- Introduction to Taping Workshop with SMA – Parents & Athletes **5th of October** – Face to Face
- Advanced Taping Workshop - Parents & Athletes **12th of October** – Face to Face

November

- Nutrition Session – Athletes **1st November** – Online
- SiSu Communication Workshop – Parents **2nd November** – Face to Face
- SiSu Communication Workshop – Coaches **2nd November** – Face to Face
- SiSu Communication Workshop – Parents **22nd November** – Face to Face
- SiSu Communication Workshop – Coaches **22nd November** – Face to Face

December

- Olympics Unleashed – Athletes **5th December** – Face to Face
- SiSu Communication Workshop – Parents **6th December** - Online
- SiSu Communication Workshop – Coaches **6th December** - Online
- Nutrition Session – Athletes **7th December** – Cooking Class Face to Face
- End of Year BBQ – Athletes & Parents **14th December** – Face to Face