

## Workshop Calendar 2022

### March

- Induction Evening – Parents & Athletes **29<sup>th</sup> March**
  - Sam Richards – Olympic bronze Medallist

### April

- Survive to thrive – Parents **27<sup>th</sup> April** – Online

### May

- Survive to thrive – Athletes **3<sup>rd</sup> May** – Face to Face
- Survive to thrive – Athletes **11<sup>th</sup> May** – Online
- Nutrition Session – Athletes **17<sup>th</sup> May** – Online

### June

- Survive to Thrive – Athletes **7<sup>th</sup> June** – Face to face
- Nutrition Session – Athletes **21<sup>st</sup> June** – Online
- Peel Sports Forum - All