

Workshop Calendar 2022

March

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

April

- Nutrition Session – Athletes **5th April** – Online
- Survive to thrive – Parents **27th April** – Online

May

- Survive to thrive – Athletes **3rd May** – Face to Face
- Survive to thrive – Athletes **11th May** – Online

June

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