

Workshop Calendar 2023

February

- Rock Solid Character – Athletes **21st February** 6-7:30pm
- Rock Solid Character – Athletes **28th February** 6-7:30pm
- Rock Solid Character – Parents & Coaches **28th February** 8-9pm

March

- Induction Evening – Parents & Athletes **27th March**

May

- Candor Training – Athletes **3rd May** – Face to Face
- Candor Training – Athletes **9th May** – Online
- Candor Training – Athletes **16th May** – Online
- Nutrition Session – Athletes & Parents **30th May** 7:30-8pm – Online