

- Concentration
- Composure
- Consistency
- Confidence

Sport Psychology

- Teamwork and collaboration
- Community
- Accountability
- Leadership

Team Dynamics

- Speed and movement
- Strength and power
- Mobility, balance and core
- Sport specific conditioning

Strength and Conditioning

YERONGA
STATE HIGH SCHOOL



ATHLETES ACADEMY

Health Service Partnerships

- Exercise physiology
- Sport science
- Physiotherapy
- Injury rehabilitation

Tactical Awareness

- Decision making
- Spatial awareness
- Motor learning

Nutrition

- Enhancing sport performance
- Nutrition plans
- An athletes diet