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| DATE | TOPIC | PRESENTER(S) | DELIVERED BY: |
| 18th May (Wednesday) | Supporting Athlete Identity | Dom Vettise | Canoe Racing NZ |
| 31st May (Tuesday) | Track Sprinting | Nick Flyger, Jamie Douglas | Cycling NZ |
| 1st June (Wednesday) | Purposeful Planning | Graeme Robson | Canoe Racing NZ |
| 14th June (Tuesday)  CASUAL COACH CONNECT |  |  | Cycling NZ, Rowing NZ, Canoe Racing NZ |
| ~~29~~~~th~~ ~~June (Wednesday)~~ | ~~RED-S (Relative Energy Deficiency in Sport)~~ postponed | ~~Katie Schofield~~  ~~Georgia Williams (athlete)~~ | ~~Cycling NZ~~ |
| 5th July (Tuesday) | Challenging Conversations | Brendan Spillane | Rowing NZ |
| 12th July (Tuesday) | Basics of Periodisation – macro to micro (Part 1 of 2) | Mathew Mildenhall | Canoe Racing NZ |
| 9th August (Tuesday)  CASUAL COACH CONNECT | Reflecting on the last two online sessions:  \*Basics of Periodisation  \*Challenging Conversations |  | Cycling NZ, Canoe Racing NZ, Rowing NZ |
| 16th August (Tuesday) | Introduction to Sports Psychology | Warwick Wood | Cycling NZ |
| 6th September (Tuesday) | Concussion – Everyone’s Responsibility | Natalie Hardaker | Cycling NZ |
| 13th September (Tuesday)  CASUAL COACH CONNECT | TBD |  | Cycling NZ, Canoe Racing NZ, Rowing NZ |
| 15th September (Thursday) | Training Session Design (Part 2 of 2) | Mathew Mildenhall | Canoe Racing NZ |
| 27th September (Tuesday)  (Mental Health Awareness Week) | Coach Well-Being | Rod Corban | Cycling NZ |
| 11th October (Tuesday)  CASUAL COACH CONNECT | TBD |  | Cycling NZ, Canoe Racing NZ, Rowing NZ |
| 25th October (Tuesday) TBC | Building effective athlete/coach relationships |  | Cycling NZ |
| 1st November (Tuesday) | RED-S (Relative Energy Deficiency in Sport) new date from June postponement | Katie Schofield  Georgia Williams (athlete) | Cycling NZ |
| 8th November (Tuesday)  CASUAL COACH CONNECT | TBD |  | Cycling NZ, Canoe Racing NZ, Rowing NZ |
| 22nd November (Tuesday) TBC | Coaching Gender Differences | Paul Manning, Elyse Fraser + others | Cycling NZ |

CASUAL COACH CONNECT – Topic will be decided on closer to the time (combined with Rowing NZ & Canoe Racing NZ).