

DATE	TOPIC	PRESENTER(S)	DELIVERED BY:
18 th May (Wednesday)	Supporting Athlete Identity	Dom Vettise	Canoe Racing NZ
31 st May (Tuesday)	Track Sprinting	Nick Flyger, Jamie Douglas	Cycling NZ
1 st June (Wednesday)	Purposeful Planning	Graeme Robson	Canoe Racing NZ
14 th 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
5 th July (Tuesday)	Challenging Conversations	Brendan Spillane	Rowing NZ
12 th July (Tuesday)	Basics of Periodisation – macro to micro (Part 1 of 2)	Mathew Mildenhall	Canoe Racing NZ
9 th August (Tuesday) CASUAL COACH CONNECT	Reflecting on the last two online sessions: *Basics of Periodisation *Challenging Conversations		Cycling NZ, Canoe Racing NZ, Rowing NZ
16 th August (Tuesday)	Introduction to Sports Psychology	Warwick Wood	Cycling NZ
6 th September (Tuesday)	Concussion – Everyone’s Responsibility	Natalie Hardaker	Cycling NZ
13 th September (Tuesday) CASUAL COACH CONNECT			Cycling NZ, Canoe Racing NZ, Rowing NZ
15 th September (Thursday)	Training Session Design (Part 2 of 2)	Mathew Mildenhall	Canoe Racing NZ
20 th September (Tuesday)	Commonwealth Games Reflections	CNZ Coaches & athletes	Cycling NZ
27 th September (Tuesday) (Mental Health Awareness Week)	Coach Well-Being	Rod Corban	Cycling NZ
11 th October (Tuesday) CASUAL COACH CONNECT	Follow up to Mat Mildenhall’s Training Session Design session		Cycling NZ, Canoe Racing NZ, Rowing NZ
25 th October (Tuesday)	Building effective athlete/coach relationships	Ross Machejefski Rushlee Buchanan & others	Cycling NZ
1 st November (Tuesday)	RED-S (Relative Energy Deficiency in Sport) from June postponement	Katie Schofield Georgia Williams (athlete)	Cycling NZ
8 th November (Tuesday) CASUAL COACH CONNECT			Cycling NZ, Canoe Racing NZ, Rowing NZ
13 th December (Tuesday)	Monitoring Training	Mathew Mildenhall	Cycling NZ, Canoe Racing NZ, Rowing NZ