

DATE	TOPIC	PRESENTER(S)	DELIVERED BY:
18 th May (Wednesday)	Supporting Athlete Identity	Dom Vettise	Canoe Racing NZ
31 st May (Tuesday)	Principles of Track Sprinting	Nick Flyger	Cycling NZ
1 st June (Wednesday)	Purposeful Planning	Graeme Robson	Canoe Racing NZ
14 th June (Tuesday) CASUAL COACH CONNECT	TBD		Cycling NZ, Rowing NZ, Canoe Racing NZ
29 th June (Wednesday)	RED-S (Relative Energy Deficiency in Sport)	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	Mathew Mildenhall	Canoe Racing NZ
26 th July (Tuesday)	TBD	TBD	Cycling NZ
9 th August (Tuesday) CASUAL COACH CONNECT	TBD		Cycling NZ, Rowing NZ, Canoe Racing NZ
16 th August (Tuesday)	Mental Skills	Warwick Wood	Cycling NZ
13 th September (Tuesday) CASUAL COACH CONNECT	TBD		Cycling NZ, Rowing NZ, Canoe Racing NZ
15 th September (Thursday)	Training Session Design	Mathew Mildenhall	Canoe Racing NZ
Between 26 th & 30 th September - exact date TBC (Mental Health Awareness Week)	Coach Well-Being	Rod Corban	Cycling NZ
11 th October (Tuesday) CASUAL COACH CONNECT	TBD		Cycling NZ, Rowing NZ, Canoe Racing NZ
25 th October (Tuesday) TBC	Building effective athlete/coach relationships	TBC	Cycling NZ
8 th November (Tuesday) CASUAL COACH CONNECT	TBD		Cycling NZ, Rowing NZ, Canoe Racing NZ
22 nd November (Tuesday) TBC	Coaching Gender Differences	Paul Manning, Elyse Fraser + others	Cycling NZ

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

Red denotes Cycling NZ dates, topics and presenters to be finalised