Gippsland Sports Academy
PO Box 282 Newborough
Victoria 3825
Tel: (03) 5127 0223
email: anitap@sportgippsland.org.au
www.sportgippsland.org.au

Information Sheet : 2027 Taekwondo Program

Gippsland Sports Academy (GSA) will again run its **Taekwondo** Program in 2027 with Remy McLeod as Head Coach.

To register your interest in this program, please complete the Expression of Interest via the following link: **https://tinyurl.com/gsaTAE27eoi**

Please see below a brief overview of the program:

Athlete Selection	Athletes will be selected through Expressions of Interest (EOIs) and/or Trial and/or invitation. Successful applicants will be selected based on **age, capability and commitment** to the program.
Trial Information	Date: Saturday 5th December 2027 Venue: GSA hall (TBC) Time: 9am – 12pm Registration: **https://tinyurl.com/gsaTAE27eoi**
Selection Outcome	A Letter of Offer will be sent to successful athletes by no later than 8th December. **Enquiries: Jude Bergmann - judeb@sportgippsland.org.au** **Phone: (03) 5127 0174**
Induction Information	**Date: Sunday 13th December 2026** **Venue:** TAFE Gippsland, Yallourn Campus 225 Monash Rd, Newborough 3825 **Google Maps Ref:** R8F5+63 Newborough **Time:** 9 am - 3 pm **Registration:** from 8.45 am ***** Includes Fitness Test ***** Athletes should wear their GSA uniform (if they have one) or appropriate fitness attire including sports shoes. Your induction is a compulsory part of your program as it provides valuable & vital information including Sports Psychology, Nutrition & Fitness Testing.
Session Information	A total number of 6 training sessions will be held. **Dates and Venues** 30th Jan 2027 – Lakes Entrance 13th Feb – GSA Hall Newborough 27th Feb – Warragul Civic Park 13th Mar - GSA Hall Newborough 17th April- GSA Hall Newborough 1st May - GSA Hall Newborough Your program includes Education sessions - ACE Day Wednesday 7th April 2027 - (school holiday program) covering **Sports Science:** Nutrition, Sport Psychology & Injury Management.

Gippsland Sports Academy
PO Box 282 Newborough
Victoria 3825
Tel: (03) 5127 0223
email: anitap@sportgippsland.org.au
www.sportgippsland.org.au

Cost & Payment	To be advised in Letter of Offer - Levy does not include uniform costs or travel costs. Fees will be invoiced upon acceptance of your position in the program. *NOTE: Final costs are determined by the final number of athletes that accept their position with the Academy.
Uniform Requirements	The required GSA uniform for your sport is required to be ordered, if you do not already have one - polo, jacket/hoodie, leggings/track pants and cap if you wear one while participating in your sport. All other items are optional. Athletes are to wear their GSA uniform at all sessions. No Club uniforms are to be worn at GSA sessions. Additional optional merchandise items are also available to purchase. • Uniform is to be ordered, and paid for online; • You must order the items required for your sport as outlined in your Letter of Offer; • Uniform will be delivered to athlete's home address. This should be done promptly so that you will have your uniform to wear to your first session. **Uniform link will be provided to successful athletes.**
Strength & Conditioning Information	• 2 x COMPULSORY Fitness Testing sessions (if athlete cannot attend set dates, an additional reschedule fee may apply). • 2 x Face to face sessions per month - S & C sessions to be held in Bairnsdale, Inverloch, Sale, Traralgon/Newborough & Warragul (based on athlete home address) from **Feb 2027 – April 2027** • Individual Home programs based on Musculo Skeletal Screenings and logged through Lumin Sports This is a critical component of the program, attendance is <u>expected</u>.
Musculo-Skeletal Screening	All athletes new and returning who have not been assessed in the past 12 months must undergo a Musculo-skeletal screening. *More information will be supplied in the athlete invitation.

Gippsland Sports Academy
PO Box 282 Newborough
Victoria 3825
Tel: (03) 5127 0223
email: anitap@sportgippsland.org.au
www.sportgippsland.org.au

Sport Integrity Australia (SIA)	All athletes will have a presentation on Sport Integrity Australia and MUST complete the required Sport Integrity Australia level: • New athletes to complete Clean Sport 101 • 1st year Returning athletes to complete Antidoping Fundamentals • 2nd + year Returning athletes to complete annual update The link is: https://elearning.sportintegrity.gov.au/login/index.php Completion of Sport Integrity is a requirement by the Victorian Institute of Sport and Sport and Recreation Victoria and therefore must be completed to be eligible for graduation.
Expectations of Athletes	Athletes are expected to attend all Academy activities, where possible, this involves committing to: • Attend all training sessions except athletes who have an agreement with the GSA Head Coach to attend State or National opportunities. • Follow the strength and conditioning program, including completing components at home & face to face sessions. • Attend other Academy functions such as: • **ACE Day Wednesday 7th April 2027** • **Awards evening Friday 7th May 2027** • The coaches are contracted to review and gauge the athlete's progress. If the coaches are adamant that an athlete is disruptive to the group or not suited for the program, then the Academy has the right to revoke that athlete's membership

For any further information please contact Jude at judeb@sportgippsland.org.au

DISCLAIMER: Please note that all information provided on this sheet is correct at the time of publication and is subject to change without notice.