



CARLTON COLLEGE
OF SPORT



EXAMPLE FOOTY DEV & CLASS SCHEDULE

Based on the Diploma of Sport Coaching & Development 2020 Academic Timetable

SEM 1	Monday - Ikon Park	Tuesday - Ikon Park	Wednesday - Ikon Park	Thursday - Ikon Park	Friday - LTU
08:00	Weights Rotation Rehab	Day Off/ Attendance Optional Coach 1:1s (In Person or Video) Facilities Available Individual Study	Coaching Seminar		Individual Weights/Recovery Movement Prep
09:00					
10:00	Group Recovery		Physical Activity Seminar	Sport Management Seminar	
11:00	Guest Speaker				
12:00	Lunch		Lunch	Lunch	Exercise Programming Practical
13:00	Craft/Skills Session		Coaching Practical	Program Guest Lecture	
14:00					
15:00	Film/GPS Review Physio Academic Check in		Weights Rotation Rehab		
16:00					
KEY	Footy Dev Program	Academics	CCoS Extra Curricular	Individual Programed Activity & Facilities Available	