

NOVEMBER

2021

Important Dates

Phase 1 RECON

01 NOV - Session start.

Gym sessions pending restrictions

05 NOV - 3D athlete workshop, goal setting for the Recon Season

Field sessions begin from:

06 NOV - **West/North Zone** and **East/South Zone**

13 NOV - **Athlete Testing.**

Combine session (all programs at one location). Location TBC

Rookies and Elite - Please follow online program on days location sessions are not available.

All members are welcome at all IAA location. Please give notice.

West/North Zone
 Combine Session
 East / South Zone
 No Session

SUN	MON	TUE	WED	THU	FRI	SAT
	1 RECON STARTS FIELD <small>pending restrictions</small>	2 GYM (Rookies/Elite) <small>pending restrictions</small>	3 GYM (Littles, Rookies, Elite)	4 FIELD	5 3D ATHLETE WORKSHOP ONLINE SESSION (Rookies/Elite)	6 FIELD FIELD/BEACH
7 Rest/Recovery (all athletes)	8 FIELD <small>pending restrictions</small>	9 GYM (Rookies/Elite) <small>pending restrictions</small>	10 GYM (Littles, Rookies, Elite)	11 FIELD	12 MENTORING ONLINE SESSION (Rookies/Elite)	13 COMBINE TESTING DAY (all athletes)
14 Rest/Rovery (all athletes)	15 FIELD	16 GYM (Rookies/Elite)	17 GYM (Littles, Rookies, Elite)	18 FIELD	19 MENTORING ONLINE SESSION (Rookies/Elite)	20 FIELD FIELD/BEACH
21 Rest/Rovery (all athletes)	22 FIELD	23 GYM (Rookies/Elite)	24 GYM (Littles, Rookies, Elite)	25 FIELD	26 MENTORING ONLINE SESSION (Rookies/Elite)	27 FIELD FIELD/BEACH
28 Rest/Recovery (all athletes)	29 FIELD	30 GYM (Rookies/Elite)				

See Timetable for Times & Locations

Subject to change

Please follow TEAM APP

DECEMBER

2021

Important Dates

Phase 1 RECON

11 DEC - HPU Invites

17 DEC - Last Day of School 2021

18 NOV - Combine Sports Day (Armour Houses). Christmas Break Up (TBC)

25 DEC - Christmas Day

31 DEC - New Years Eve

Rookies and Elite - Please follow online program on days location sessions are not available.

All members are welcome at all IAA location. Please give notice.

West/North Zone
 East / South Zone
 Combine Session
 No Session

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
				FIELD	MENTORING ONLINE SESSION (Rookies/Elite)	FIELD FIELD/BEACH
5	6	7	8	9	10	11
REST (all athletes)	FIELD	GYM (Rookies/Elite)	GYM (Littles, Rookies, Elite)	FIELD	MENTORING ONLINE SESSION (Rookies/Elite)	HPU SELECTION FIELD FIELD/BEACH
12	13	14	15	16	17	18
REST (all athletes)	FIELD	GYM (Rookies/Elite)	GYM (Littles, Rookies, Elite)	FIELD	LAST DAY OF SCHOOL MENTORING ONLINE SESSION (Rookies/Elite)	SPORTS DAY XMAS PARTY all athletes
19	20	21	22	23	24	25
REST (all athletes)	IAA HOLIDAY TRAINING PROGRAM (all athletes)	IAA HOLIDAY TRAINING PROGRAM (all athletes)	IAA HOLIDAY TRAINING PROGRAM (all athletes)	IAA HOLIDAY TRAINING PROGRAM (all athletes)	IAA HOLIDAY TRAINING PROGRAM (all athletes)	CHRISTMAS DAY
26	27	28	29	30	31	
REST (all athletes)	IAA HOLIDAY TRAINING PROGRAM (all athletes)	IAA HOLIDAY TRAINING PROGRAM (all athletes)	IAA HOLIDAY TRAINING PROGRAM (all athletes)	IAA HOLIDAY TRAINING PROGRAM (all athletes)	NEW YEARS EVE	

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JANUARY

2022

Important Dates

Phase 2 RECON

10 JAN - Return

15 JAN - HPU Starts

22 JAN - Athlete Testing. Combine session (all programs at one location). Location TBC

28 JAN - School Returns

Rookies and Elite - Please follow online program on days location sessions are not available.

All members are welcome at all IAA location. Please give notice.

	West/North Zone		Combine Session
	East / South Zone		No Session

SUN	MON	TUE	WED	THU	FRI	SAT
						1 NEW YEARS DAY
2 REST (all athletes)	3 IAA HOLIDAY TRAINING PROGRAM (all athletes)	4 IAA HOLIDAY TRAINING PROGRAM (all athletes)	5 IAA HOLIDAY TRAINING PROGRAM (all athletes)	6 IAA HOLIDAY TRAINING PROGRAM (all athletes)	7 IAA HOLIDAY TRAINING PROGRAM (all athletes)	8 IAA HOLIDAY TRAINING PROGRAM (all athletes)
9 REST (all athletes)	10 RECON BACK PHASE 2 FIELD	11 GYM (Rookies/Elite)	12 GYM (Littles, Rookies, Elite)	13 FIELD	14 MENTORING ONLINE SESSION (Rookies/Elite)	15 HPU SESSIONS START FIELD BEACH/FIELD
16 REST (all athletes)	17 FIELD	18 GYM (Rookies/Elite)	19 GYM (Littles, Rookies, Elite)	20 FIELD	21 MENTORING ONLINE SESSION (Rookies/Elite)	22 COMBINE TESTING DAY (all athletes)
23/ 30 REST (all athletes)	24/ 31 FIELD	25 GYM (Rookies/Elite)	26 GYM (Littles, Rookies, Elite)	27 FIELD	28 SCHOOL RETURNS MENTORING ONLINE SESSION (Rookies/Elite)	29 FIELD BEACH/FIELD

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FEBRUARY

2022

Important Dates

Phase 2 RECON

FEB - I AM Mentoring outing
(further information to be confirmed)

Rookies and Elite - Please follow online program on days location sessions are not available.

All members are welcome at all IAA location. Please give notice.

West/North Zone
 Combine Session
 East / South Zone
 No Session

SUN	MON	TUE	WED	THU	FRI	SAT
		1 GYM (Rookies/Elite)	2 GYM (Littles, Rookies, Elite)	3 FIELD	4 MENTORING ONLINE SESSION (Rookies/Elite)	5 FIELD BEACH/FIELD
6 REST (all athletes)	7 FIELD	8 GYM (Rookies/Elite)	9 GYM (Littles, Rookies, Elite)	10 FIELD	11 MENTORING ONLINE SESSION (Rookies/Elite)	12 FIELD BEACH/FIELD
13 REST (all athletes)	14 FIELD	15 GYM (Rookies/Elite)	16 GYM (Littles, Rookies, Elite)	17 FIELD	18 MENTORING ONLINE SESSION (Rookies/Elite)	19 FIELD BEACH/FIELD
20 REST (all athletes)	21 FIELD	22 GYM (Rookies/Elite)	23 GYM (Littles, Rookies, Elite)	24 FIELD	25 MENTORING ONLINE SESSION (Rookies/Elite)	26 FIELD BEACH/FIELD
27 REST (all athletes)	28 FIELD					

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MARCH

2022

Important Dates

Phase 2 RECON

05 MAR - Last **Athlete Testing**.

Combine session (all programs at one location). Location TBC.

19 MAR - Combine Sports Day (Armour Houses). Christmas Break Up (TBC)

Rookies and Elite - Please follow online program on days location sessions are not available.

All members are welcome at all IAA location. Please give notice.

West/North Zone
 East / South Zone
 Combine Session
 No Session

SUN	MON	TUE	WED	THU	FRI	SAT
		1 GYM (Rookies/Elite)	2 GYM (Littles, Rookies, Elite)	3 FIELD	4 MENTORING ONLINE SESSION (Rookies/Elite)	5 COMBINE TESTING DAY (all athletes)
6 REST (all athletes)	7 FIELD	8 GYM (Rookies/Elite)	9 GYM (Littles, Rookies, Elite)	10 FIELD	11 MENTORING ONLINE SESSION (Rookies/Elite)	12 FIELD BEACH/FIELD
13 REST (all athletes)	14 FIELD	15 GYM (Rookies/Elite)	16 GYM (Littles, Rookies, Elite)	17 FIELD	18 MENTORING ONLINE SESSION (Rookies/Elite)	19 SPORTS DAY END OF SEASON all athletes
20	21	22	23	24	25	26
27	28	29	30			

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