

# ONGOING SUPPORT FOR ATHLETES

SWIMMING QUEENSLAND  
ATHLETIC DEVELOPMENT  
PROGRAM

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Our team is available to work with athletes (and their coaches) to give athletes the best opportunity to reach their athletic potential.

If you are interested in any ongoing support from our team please contact us to discuss your needs.

## Private Coaching

- 1:1 private coaching with our specialist coaches (either ad-hoc or on a regular basis)
- Option to join Fitter Futures' 'HEAT Program (Helping Emerging Athletes Thrive) which includes individualised programming + recurring 1:1 sessions.
- Private coaching can be done face to face\* or via Zoom

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## Group Coaching

- Strength & conditioning coaching provided to groups (e.g. a squad). Can be delivered at Fitter Futures or offsite (subject to location and coach availability).

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## Progress Check

- Review sessions to monitor progress. Coached strength & conditioning sessions to help the athlete improve their movement mechanics to maximise gains from training.
- Progress Check sessions can be scheduled regularly (e.g. monthly) or as a once-off. It's a great way to ensure you are performing movements correctly and progressing in the right direction (and stopping bad habits before they form).
- For an additional fee, we can provide a revised program to further tailor the SQ Athletic Development Programming to meet the athlete's needs.

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## Rehabilitation Support

- Strength & conditioning coaching support to athletes recovering from injury
- Programming (to include in your training with your club)
- Liaising with your coaches about your rehabilitation training needs.
- Can include attending sessions with our coaches (1:1 or in small groups).

CONTACT US AT [INFO@FITTERFUTURES.COM.AU](mailto:INFO@FITTERFUTURES.COM.AU)



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