



Gippsland Sports Academy
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Information Sheet - 2026 Golf Program

Gippsland Sports Academy (GSA) will again run its Golf Program in 2026 with Richard Cooney as Head Coach.

To register your interest, please complete the registration via the link below:

<https://tinyurl.com/eoigolf26>

Induction Day	Sunday 7 th December 2025 TAFE Gippsland - Yallourn																								
Sessions to be held	Proposed Dates – All dates/venues are yet to be confirmed: <table><tr><th>Date</th><th>Time</th><th>Venue</th></tr><tr><td>22nd Feb</td><td>8am - 1pm</td><td>Wonthaggi</td></tr><tr><td>22nd Mar</td><td>8am - 1pm</td><td>Warragul</td></tr><tr><td>TBC April</td><td>VRAS tournament</td><td></td></tr><tr><td>TBC July</td><td>9am - 1pm</td><td>Sandringham</td></tr><tr><td>23rd August</td><td>8am - 1pm</td><td>Warragul</td></tr><tr><td>13th Sept</td><td>8am - 1pm</td><td>Bairnsdale</td></tr><tr><td>25th Oct</td><td>8am - 1pm</td><td>Warragul</td></tr></table> Inter-academy challenge – Arranged by Golf Australia - Date TBC VRAS High Performance Golf Day - held at Sandringham Golf Course - Date TBC ** Travel & Accommodation is own arrangements and cost Skills Sessions focusing on: Putting... Green reading Pre shot routine Chipping... How to use bounce Difficult lies Pitching... Distance and trajectory control Irons... Shot shaping Distance control Driving... Increasing speed and distance Tournament preparation... Course mapping Pre round stretching Trackman sessions	Date	Time	Venue	22nd Feb	8am - 1pm	Wonthaggi	22nd Mar	8am - 1pm	Warragul	TBC April	VRAS tournament		TBC July	9am - 1pm	Sandringham	23rd August	8am - 1pm	Warragul	13th Sept	8am - 1pm	Bairnsdale	25th Oct	8am - 1pm	Warragul
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Investing in Athlete Excellence



Uniform Requirements	Required uniform to be ordered – Polo and Jacket. 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 Uniform link is available on GSA webpage
Cost & Payment	Please note: Final costs are determined by the final number of athletes that accept their position with the Academy. The levy does not include uniform costs or travel and accommodation costs. Fees will be invoiced upon acceptance of your position in the program
Strength and Conditioning sessions (S & C)	• 2 x Fitness Testing sessions • 2 x Face to face session - S & C sessions to be held in Bairnsdale, Sale, Traralgon & Warragul (based on athlete home address) from Feb – Nov 2026 • Individual Home programs based on Musculo Skeletal screenings and logged through TeamBuildr This is a critical component of the program, attendance is expected.
Musculo-Skeletal Screening	All athletes must undergo a Musculo-skeletal screening. *More information will be supplied in the athlete invitation
Sport Integrity Australia	• All athletes will have a presentation on Sport Integrity Australia • All athletes MUST complete the required Sport Integrity Australia level: - New athletes to complete Clean Sport 101 - 1st year athletes to complete level 1 - 2nd + year Returning athletes to complete level 2 • 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 April 14th 2026 - 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 ➤ Register as a member of Golf Vic
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