



**GIPPSLAND
SPORTS
ACADEMY**

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Information Sheet - 2026 Taekwondo Program

Gippsland Sports Academy (GSA) will be continuing the Taekwondo Program in 2026 with Remy & Marc McLeod as Head Coaches.

To register for trials, please use link below:

<https://tinyurl.com/eoitae26>

Please see below a brief overview of the program:

Trial Information	Date: Saturday 11 th October 2025 Venue: Cobb & Co Stables Time: 12noon - 2pm – current GSA Athletes 1pm - 3pm – new athletes
Induction Day	Date: Sunday 23 rd November 2025 Venue: TAFE Gippsland Yallourn Campus John Field Drive Newborough Time: 9.00am – 3.00pm
Acceptance of Offer	An Invitation letter will be sent to successful athletes by no later than Thursday 30 th October 2025 Enquiries: Jude Bergmann – judeb@sportgippsland.org.au Phone: (03) 51270174
Uniform Requirements	Required uniform to be ordered – GSA Polo & jacket, if you do not already have one. 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 • Uniform will be delivered to the first training session Uniform link is available on GSA webpage



**TAFE
GIPPSLAND**

INVESTING IN ATHLETE EXCELLANCE



Sessions to be held	Coaching: 10 Coaching sessions, 1 per month Feb – Nov 2025 Note: <table><tr><th>Date</th><th>Time</th><th>Venue</th></tr><tr><td>7th Feb 2026</td><td>9am - 2.30pm</td><td>Warragul Civic Park</td></tr><tr><td>7th March</td><td>9am - 2.30pm</td><td>Warragul Civic Park</td></tr><tr><td>25th April</td><td>9am - 2.30pm</td><td>Cobb & Co Sale</td></tr><tr><td>2nd May</td><td>9am - 2.30pm</td><td>Cobb & Co Sale</td></tr><tr><td>6th June</td><td>9am - 2.30pm</td><td>Cobb & Co Sale</td></tr><tr><td>25th July</td><td>9am - 2.30pm</td><td>Cobb & Co Sale</td></tr><tr><td>1st August</td><td>9am - 2.30pm</td><td>Cobb & Co Sale</td></tr><tr><td>5th September</td><td>9am - 2.30pm</td><td>Cobb & Co Sale</td></tr><tr><td>10th October</td><td>9am - 2.30pm</td><td>Warragul Civic Park</td></tr><tr><td>7th November</td><td>9am - 2.30pm</td><td>Lakes Entrance Beach (Bridge)</td></tr></table> Dates & Venues TBC ACE Day – 14 th April 2026 - Education Sessions (school holiday program) Sports Science – Nutrition, Sport Psychology & Injury Management	Date	Time	Venue	7 th Feb 2026	9am - 2.30pm	Warragul Civic Park	7 th March	9am - 2.30pm	Warragul Civic Park	25 th April	9am - 2.30pm	Cobb & Co Sale	2 nd May	9am - 2.30pm	Cobb & Co Sale	6 th June	9am - 2.30pm	Cobb & Co Sale	25 th July	9am - 2.30pm	Cobb & Co Sale	1 st August	9am - 2.30pm	Cobb & Co Sale	5 th September	9am - 2.30pm	Cobb & Co Sale	10 th October	9am - 2.30pm	Warragul Civic Park	7 th November	9am - 2.30pm	Lakes Entrance Beach (Bridge)
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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 Lumin Sport This is a critical component of the program, attendance is expected.																																	
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																																	

Cost & Payment	To be advised in invitation letter *NOTE: Final costs are determined by the final number of athletes that accept their position with the Academy. Athlete levy does not include uniform costs or travel costs. Fees will be invoiced upon acceptance of position in the program
Sport Integrity Australia (ASADA)	• 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 & attending 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