



UNIVERSITY  
OF WOLLONGONG  
AUSTRALIA

# FEMALE ATHLETE HIGH-PERFORMANCE PROGRAM

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**UNIACTIVE**

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# PROGRAM OVERVIEW

Following the success of a pilot program designed specifically for female athletes, this 24-week program focuses on tailoring individualised education and training for female physical health, athletic development, and psychological development for female athletes of all sports.

This approach complements players existing training commitments by providing specialised support that might not be available in standard training routines at clubs. By collaborating with local clubs, the program ensures that development efforts are synergistic.

This integration helps in fostering a community-wide support system for female athletes, enhancing their growth opportunities and exposure. Providing expertise in sports-related programs (e.g., Exercise & Sports Science, Nutrition, and Dietetics, Sports Psychology) enhances the educational aspect of players development, providing them with knowledge and skills beneficial both on and off the field.

We plan to continuously engage with participants, parents, and partner clubs to gather feedback and make necessary adjustments. This ensures the program remains relevant and effectively supports the athletes - players will have access to top-tier facilities and equipment.

# PROGRAM SCHEDULE

WEEK START DATE	WEEK	MONDAY	TUESDAY	THURSDAY
APRIL 28	WK 1	Female Health Education	S&C group #1	S&C group #2
MAY 5	WK 2	Mental skills	S&C group #1	S&C group #2
MAY 12	WK 3	Nutrition	S&C group #1	S&C group #2
MAY 19	WK 4	Female Health Education	S&C group #1	S&C group #2
MAY 26	WK 5	Mental skills	S&C group #1	S&C group #2
JUNE 2	WK 6	Nutrition	S&C group #1	S&C group #2
JUNE 9	WK 7	WEEK OFF		
JUNE 16	WK 8	Female Health Education	S&C group #1	S&C group #2
JUNE 23	WK 9	Mental skills	S&C group #1	S&C group #2
JUNE 30	WK 10	Nutrition	S&C group #1	S&C group #2
JULY 7	WK 11	Female Health Education	S&C group #1	S&C group #2
JULY 14	WK 12	Mental skills	S&C group #1	S&C group #2
JULY 21	WK 13	Nutrition	S&C group #1	S&C group #2
JULY 28	WK14	WEEK OFF		
AUGUST 4	WK 15	Female Health Education	S&C group #1	S&C group #2
AUGUST 11	WK 16	Mental skills	S&C group #1	S&C group #2
AUGUST 18	WK 17	Nutrition	S&C group #1	S&C group #2
AUGUST 25	WK 18	Female Health Education	S&C group #1	S&C group #2
SEPTEMBER 1	WK 19	Mental skills	S&C group #1	S&C group #2
SEPTEMBER 8	WK 20	Nutrition	S&C group #1	S&C group #2
SEPTEMBER 15	WK 21	WEEK OFF		
SEPTEMBER 22	WK 22	Female Health Education	S&C group #1	S&C group #2
SEPTEMBER 29	WK 23	Mental skills	S&C group #1	S&C group #2
OCTOBER 6	WK 24	Nutrition	S&C group #1	S&C group #2
OCTOBER 13	WK 25	Female Health Education	S&C group #1	S&C group #2
OCTOBER 20	WK 26	Mental skills	S&C group #1	S&C group #2
OCTOBER 27	WK 27	Nutrition	S&C group #1	S&C group #2

\*one S&C session in person, each week. An athlete will either be in group #1 or #2.

\*all sessions are in the morning before school – 6:30am start.

# PROGRAM CONTENT

## MODULE 1 - FEMALE HEALTH EDUCATION

*DELIVERED BY ASSOCIATE PROFESSOR, DR RIC LOVELL*

8 Female Health Education Sessions covering:

- Menstrual Health
- Importance of appropriate sports bra's
- Nutrition
- Injury Risk Reduction
- Recovery
- Sleep

## MODULE 2 - STRENGTH AND CONDITIONING

*DELIVERED BY S&C COACH, LACHLAN MACKENZIE*

- Designed for a female athlete perspective
- Appropriate to the stage of season
- Tailored to the developmental level of the athlete
- Informed by sports science
- Incorporate elements of resilience building and performance enhancement



## MODULE 3 - NUTRITION

DELIVERED BY SPORTS DIETITIAN, NICOLA JAFFREY

Nutrition screening form followed by 8 Workshops covering:

WEEK	TOPIC	INTERACTIVE ACTIVITY
	Nutrition screening form	
1	Nutrition basics <ul style="list-style-type: none"><li>• Macro</li><li>• Meal composition</li><li>• Meal frequency</li><li>• Supplements - food first (pyramid)</li></ul>	Food diary
2	Meal planning/shopping lists/ food preparation	Filling out planner together
3	Female athlete nutrition consideration <ul style="list-style-type: none"><li>• REDs</li><li>• Nutrition around cycle</li><li>• Iron intake</li></ul>	
4	Training nutrition <ul style="list-style-type: none"><li>• Pre and post</li></ul>	What would you do? Give different scenarios and ask athletes what they would do in each to optimise pre and post nutrition OR give example answers to choose from.
5	Optimising body composition	Adjustments to nutrition plan when this is the goal
6	Hydration <ul style="list-style-type: none"><li>• Re-hydrating after games</li><li>• How to improve fluid retention</li></ul>	
7	Game day nutrition	True or false What is missing from this meal/snack?
8	Building habits <ul style="list-style-type: none"><li>• Habit stacking</li><li>• One thing at a time</li></ul>	Role model habits checklist

## MODULE 4 - MENTAL SKILLS

DELIVERED BY SPORTS PSYCHOLOGIST, FRANCIS DE VRIES

Female Athlete Mental Skills Development covering:

### Pre-Program:

All athlete's complete mental skills profiling (5-10 mins).

All athlete's complete personal improvement plan (5 mins).

All athletes get set up with online dashboard system.

WEEK	TOPIC	ACTIVITY
1	Goal Setting	<b>Workshop 1:</b> <ul style="list-style-type: none"> <li>· Intro to the Brain</li> <li>· Self-Determination Theory</li> <li>· How to Set Effective Goals</li> </ul>
2	Goal Setting	
3	Goal Setting	<b>Challenge 1:</b> Tennis Ball Juggles
4	Values	<b>Workshop 2:</b> <ul style="list-style-type: none"> <li>· Virtues &amp; Positive Psychology</li> <li>· Values as Standards of Behaviour</li> <li>· Values as Verbs</li> </ul>
5	Values	
6	Values	<b>Challenge 2:</b> Clean Your Boots

WEEK	TOPIC	ACTIVITY
1	Motivation	<b>Workshop 3:</b> <ul style="list-style-type: none"> <li>· Motivation Systems in the Brain</li> <li>· Getting More Motivated</li> <li>· Staying Motivated</li> </ul>
2	Motivation	
3	Motivation	<b>Challenge 3:</b> Hero Week
4	Focus	<b>Workshop 4:</b> <ul style="list-style-type: none"> <li>· How the Brain Pays Attention</li> <li>· Directing Attention for Performance</li> <li>· How to Focus Better on Anything</li> </ul>
5	Focus	
6	Focus	<b>Challenge 4:</b> Screen Time

WEEK	TOPIC	ACTIVITY
1	Resilience	<b>Workshop 5:</b> <ul style="list-style-type: none"> <li>• The Nervous System</li> <li>• How to Build Resilience</li> <li>• Showing Resilience &amp; GRIT</li> </ul>
2	Resilience	
3	Resilience	<b>Challenge 5:</b> Cold Showers
4	Emotional Control	<b>Workshop 6:</b> <ul style="list-style-type: none"> <li>• The Brain Science of Emotions</li> <li>• How to Better Control Emotions</li> <li>• Using Emotions to Your Advantage</li> </ul>
5	Emotional Control	
6	Emotional Control	<b>Challenge 6:</b> Showing Gratitude

WEEK	TOPIC	ACTIVITY
1	Confidence	<b>Workshop 7:</b> <ul style="list-style-type: none"> <li>• Where Confidence Comes From</li> <li>• Growing Confidence &amp; Self-Efficacy</li> <li>• Expressing Your Abilities</li> </ul>
2	Confidence	
3	Confidence	<b>Challenge 7:</b> Triumph Week
4	Peak Under Pressure	<b>Workshop 8:</b> <ul style="list-style-type: none"> <li>• What Happens to the Brain Under Pressure</li> <li>• Re-Framing Pressure as Opportunities</li> <li>• Strategies to Perform at Your Best</li> </ul>
5	Peak Under Pressure	
6	Peak Under Pressure	<b>Challenge 8:</b> Team Talk





**Post-Program:**

- All athletes complete post-program mental skills profiling (5-10 mins).
- All athletes receive a post-term report.
- All athletes receive a guided next step to improve.

**MODULE 5- PATHWAYS – CAREER SUPPORT**

*DELIVERED BY SPORTS PROGRAM MANAGER, JAMES PENDRIGH*

- Offers guidance on navigating career opportunities within and beyond sports using university resources.
- US college pathway support
- Professional football pathways



# PROGRAM DELIVERERS

DELIVERER	MODULE	ABOUT
<b>Dr Ric Lovell</b>	<b>Female Health Education</b>	Dr Lovell is an Associate Professor in Sport & Exercise Science at the University of Wollongong. His predominant research focus investigates optimal preparation, performance and athletic development strategies for team-sports players, including injury prevention, talent identification and monitoring training and match loads
<b>Lachlan Mackenzie</b>	<b>Strength and Conditioning</b>	Lachlan is a ASCA Level 2 strength & conditioning coach with extensive experience in youth development and team sport settings.
<b>Nicola Jaffrey</b>	<b>Nutrition</b>	Nicola is an Advanced Sports Dietitian with extensive experience in professional sports nutrition. She possesses a unique understanding of elite nutrition principles and their practical applications. Nicola holds a Master of Science in Nutrition and Dietetics from.
<b>Francis De Vries</b>	<b>Mental Skills</b>	Francis is a professional football player currently representing Auckland FC in the A-League and the New Zealand National Team. He holds a B.A. (Honors) in Psychology and has made over 100 professional appearances. Francis has experience collaborating with elite athletes from diverse backgrounds.
<b>James Pendrigh</b>	<b>Pathways/Career Support</b>	James is a former professional footballer with extensive experience playing in the US. He has a deep understanding of the various pathways available for different athletes.

# COST - 24 WEEK PROGRAM

## MODULE 1 - 5

\$44 PER WEEK - (TOTAL 24 WEEKS)

MODULE	DETAIL	TOTAL NUMBER OF SESSIONS
Module 1	Female Health Education - session every 3-4 weeks.	8
Module 2	Strength & Conditioning and player monitoring (informed by sports science) – 1 In person session every week. The program allows for an additional session to be performed on their own.	24
Module 3	Nutrition – 1 session every 3-4 weeks.	8
Module 4	Mental Skills – 1 session every 3-4 weeks.	8
Module 5	Pathways - 2 sessions over 24-week program.	2

## COST BREAKDOWN

\$44 per week, per athlete

In-Person Contact Time: 2 hours per week, per athlete.

There will be a free UniActive Gold Gym Membership included in the program for selected participants (value of \$1040).

Total Cost for 24 weeks: \$1080

## LIMITED SPOTS AVAILABLE!

For expressions of interest scan the QR code and complete the form or head to the Uniactive Website:

<https://uniactive.uow.edu.au/health-fitness/uow-sport/female-athlete-high-performance-program/>

FOR ANY QUESTIONS OR MORE INFORMATION, PLEASE CONTACT:

James Pendrigh

Program Manager

Email: [jpendrigh@uow.edu.au](mailto:jpendrigh@uow.edu.au)

Phone: 0437 553 524

