



Trinidad and Tobago Olympic Committee

Athlete Transitional Development Programme June 9th, 2018

Registration	7:30am - 8:45am
Welcome: Mr. Ephraim Serrette	8:50am - 9:00am
Managing Your Money: Ms. Katherine Ramatali	9:00am - 10:15am
Break	10:15 am – 10:30am
Play True in Sports: Dr. Terry Ali	10:30am – 11:00am
Sports Psychology: Dr. Vernice Richards	11:00am – 12:00pm
Lunch	12:00pm -12:45pm
Nutrition: Ms. Tracey Pierre	12:45pm – 1:45pm
Break	1:45am – 2:00pm
Branding and Social Media: Ms. Nyssa Pierre	2:00pm – 3:00pm
Strength and Conditioning – Mr. Shyne Cooper	3:00pm – 3:30pm