

MattyB DEPT. present

FIT4FUN

Fun In Training Fostering Understanding Nurturing

Junior Training Sessions

Squad Qualified Coaches

Melissa Breen

National 100m Champion

Lauren Boden

National 400m Hurdles Champion

Tom Burbidge

2010 Stawell Gift winner

Ollie Wurm

2010 Burnie Gift winner

Discount rates are available to all athletes registered with ACTLAA.

SUMMARY

Ages: Under 12 to 15 Little A's age group or 12-15 years of age

Cost: \$80 per block for ACTLAA members or \$100 for non members

Athletes must also purchase the training tickets for use of AIS track

Location: AIS Track, Bruce

Session Time: Tuesday 5.30-6.30pm

Coaches: Melissa Breen, Lauren Boden plus Tom Burbidge and Ollie Wurm

Pre Christmas training dates are as follows:

1st Nov, 8th Nov, 15th Nov, 22nd Nov, 29th Nov, 6th Dec

These sessions aim to provide technical instruction and guidance in a fun, positive environment.

Athletes will have exposure to the following options through the training block: starts, sprinting technique, basic strength activities, hurdles, jumps, general skill development and technique. At this stage these sessions will NOT have any specific throwing or High Jump elements to it.

These sessions are also aimed at providing athletes with an insight of the expectation and requirements needed to become a professionally minded athlete including group dynamics, social skills, behavioural skills, communication skills and respect for oneself and others.

If you are interested in receiving more information about training simply send an email to mattybdept@gmail.com or call 0412 628892.

MattyB DEPT. -FIT4FUN

Nomination Form

Please DO NOT send any cash with this form it is simply a nomination form.
Money will be collected if you are successful in gaining a spot in the training block.

Name: _____ Male Female (please circle)
Age Today: _____ Date of Birth: _____
Email: _____
Phone: _____ Mobile: _____
Address: _____
Post Code: _____
Are you registered with a ACT Little Athletics centre YES NO
If YES – Name of Centre _____ REGO # _____

Would you be interested in joining a FIT4FUN regular training squad? YES NO
Would you be interested in attending a block of basic strength and conditioning training sessions?

YES NO
Would you be interested in attending a school holiday training camp?
YES NO

Favourite Type of Events

(Please rank in order – put zero if not interested in that event discipline)

Sprints _____
400m/800m _____
Long/Triple Jump _____
Hurdles _____

Favourite 2 Events and Performance Best (PB):

<u>EVENT</u>	<u>PB</u>	<u>EVENT</u>	<u>PB</u>
1) _____	_____	2) _____	_____

Do you have your own coach?

Name _____ Contact No. _____

Squad size limits will apply so please ensure you return this form ASAP so that you don't miss out.

Please complete this form and return to MattyB DEPT.

You will then receive an email notifying if you have been successful with your nomination into MattyB DEPT. FIT4FUN

Please return your completed nomination form to:

MattyB DEPT. -FIT4FUN

Email: mattybdept@gmail.com

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