

mon / tues / wed / thurs / fri

___ Sessions x\$15 = \$___ payments can be made at first training session

Squad training sessions are available all year round, for further information contact Kym on

**kymmiller@y7mail.com or
phone or txt his mobile 0408 448 454**

2009 2010 Squad Training Fees

PAYMENT PER SESSION

\$15	per 2 hour session
\$70	for 5 sessions
\$170	for 13 sessions

PAYMENT PER MONTH

\$100	1 month
\$260	3 months
\$450	6 months
\$800	12 months

INDIVIDUAL SPECIALIZATION SESSION \$60 per hour

Training at Coaching Clinics rotate through all athletic events with the order of the day being

10am to Noon	1pm to 4pm
Younger Group	Older Group
Warm Up	Warm Up
Sprints or Hurdles or Walks	Sprints or Hurdles or Walks
A Throw	A Throw
A jump	A jump
	Rest
	A Throw
	A jump

Each event will be broken down and done in sequential actions to teach the correct technique. This will involve games that teach but also entertain the athlete.

Due to the nature of group training sessions, athletes will need to have the ability to stay focussed on the task. If unable to maintain focus, parents will be notified at the end of the session, this is only to ensure quality of training of the group which will not be sacrificed for any individual's personal needs.

Bring warm clothes, drink, hat and spikes or running shoes.

Please eat healthy meals before and after training to get the full benefit of this coaching clinic.
