



GOLD COAST ACADEMY OF SPORT

2017 SPEED CLINIC – ALL SPORTS

MONDAY / TUESDAY 18/19 SEPTEMBER

INTRODUCTION

The Gold Coast Academy of Sport (GCAS) proudly supported by RUNAWAY BAY SPORTS SUPER CENTRE is pleased to announce that we will be offering a 2017 SPEED CLINIC.

Athletes will be invited to participate in a performance development program incorporating both practical skills and personal development. This Program is aimed at helping athletes improve their speed for their desired sport.

The focus of training will be on individual speed development. In addition to the skills and fitness training there will be a few core educational sessions for the athletes to help themselves prepare off the field and grow on a personal level.

Athletes will have three practical speed skill sessions.

The speed clinic will be lead by Olympic Gold Medalist in Heptathlon, Glynis Nunn.

ELIGIBILITY

To be eligible for an academy SPEED CLINIC, athletes must be:

- Males or females aged between 10 and 18 years of age.
- A current financial member of their desired sport within the Queensland Gold Coast region

ATHLETE COMMITMENT

Athletes are accepted to the GCAS speed clinic upon agreeing to attend all training / educational sessions as scheduled

COST

A levy of \$80.00 (incl. GST) is applicable to successful athletes and covers the full cost of participation in the clinic and includes lunch and educational/training sessions.

APPLICATION / SELECTION PROCESS

Please fill in the application form available on our website. Applications close on Wednesday 13th September 2017.

Should numbers not be great enough parents will be advised after this date.

If successful, the athlete must complete the participation agreement and medical form and pay the specified levy. All forms will be made available on the GCAS website www.goldsport.com.au/programs/athletics

IMPORTANT DATES

Applications Open: Monday 21st August 2017.

Applications Close: Wednesday 13th September 2017.

Athletes advised: Wednesday 13th September 2017.

Program: Monday/Tuesday 18/19th September.

TO BE HELD AT RUNAWAY BAY SPORTS SUPER CENTRE

AREAS TO BE COVERED:

Analysis & Correction Running Technique
Technical running drills
Technical development of speed, strength and stability
Tips on Injury prevention, maintenance and rehab
Tips on good Nutrition

CONTACT / FURTHER INFORMATION

For further information please contact
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