



GOLD COAST ACADEMY OF SPORT

2017 SPEED CLINIC PROGRAM

TO BE HELD AT RUNAWAY BAY SPORTS SUPER CENTRE

MONDAY 18th September

8.30AM	Athlete Arrival Outline of program for the clinic	
9am – 10.30am	1 st Speed session	Basic technique drills / running Speed test
10.30 – 11.00am	Morning Tea	
11.00am – 12.00noon	Educational session – Nutrition	Professional delivery
12.00 – 1.00pm	LUNCH	
1.00pm – 2.00pm	Educational session – Body Maintenance	Professional delivery
2.00 – 3.00pm	2 nd Speed session	Videoining / Analysis & Correction

TUESDAY 19th September

9.00am – 10.30am	3 rd Speed session	Further Analysis / Correction / Testing
10.30 – 11.00am	Morning Tea	
11.00am – 12.00noon	Educational session – Strength and Conditioning	Professional delivery

GCAS would like to invite you to participate in the SPEED CLINIC held on Monday / Tuesday 18/19th September 2017. This Skills Clinic will focus on improving individual speed development and technique, as well as providing you with extensive knowledge to help increase the chance of success through educational sessions. Eligible athletes for this camp are male and female athletes aged 10yrs - 17yrs. The total cost of this camp is \$80, which includes lunch and training/educational sessions.

To apply please download an application form which can be found on our website. <http://goldsport.com.au/programs/athletics/> and email all completed forms to programs@goldsport.com.au

*NEED TO BRING OWN DRINKS

Morning & Afternoon Teas will be supplied

Lunch – Supplied by organisers at the Centre. Please advise of any food allergies.