



GOLD COAST ACADEMY OF SPORT

2018 MATURE AGED PROGRAM

APPLICATION FORM

APPLICANT INFORMATION

First Name:

Surname:

DOB:

Postal Address:

Suburb:

State:

Postcode:

Council Div:

Home Phone:

Mobile:

Email (if available):

SPORTING INFORMATION

Sports involved with:

MEDICAL INFORMATION

Please list any medical conditions that we should be aware of:

Please tick any of the following conditions:

- Heart Conditions
- High Blood Pressure
- Diabetes
- Obesity
- Joint issues
- Cancer
- Depression
- Other

Please list any major surgeries in the last two (2) years:

EMERGENCY CONTACT INFORMATION

Name:

Mobile:

Email:

CONTACT / FURTHER INFORMATION

For further information please contact Joanne Daly, Programs Manager: 0403 676 897 or: programs@goldsport.com.au

YOU'VE IGNITED THE SPARK

KEEP THE FIRE BURNING

The Gold Coast Academy of Sport would like to welcome those older sporting enthusiasts interested in how they can benefit from learning more about Nutrition, recovery and load management in their sporting involvement.

This is an introductory program focused on how we can help to improve your sporting experience and involvement. We want to recognise the importance of engaging and enhancing physical activity for those interested. Future programs will be organised on demand.

The Gold Coast Academy of Sport recognises the following statements from the AIS and the outcomes from the Federal budget in recognising the older generation.

Australian Sports Commission (ASC) chief executive Kate Palmer said the organisation is looking forward to helping Australians become more active and healthy after receiving a boost in the Federal Budget to drive participation initiatives for community sport.

The funding is particularly directed towards getting children and older Australians more active and improving community sport environments, including infrastructure.

"Equally, we want sport and physical activity to be maintained for life and it's essential we engage with older Australians so they continue to benefit from the physical, mental and social value of sport and physical activity.

Partnering with the Gold Coast City Council and our valued partners and sponsors, GCAS would like to offer this program to the mature sporting enthusiast.

Please share this information with others.

Glynis Nunn OAM

Executive Director

Gold Coast Academy of Sport