



GOLD COAST
ACADEMY OF SPORT

2020 RUNNING CLINIC

INTRODUCTION

The Gold Coast Academy of Sport (GCAS) is pleased to offer a running clinic for athletes in any sport. The clinic will help athletes to become more efficient and balanced while running which will ultimately help athletes with their performance.

The focus of the clinic will be on helping to develop sprinting technique while developing basic fitness.

ELIGIBILITY

To be eligible for the Clinic, athletes must be:

- Aged between 12 and 17 years of age
- Athletes are expected not to be beginners
- Aspiring to achieve to a higher level

ATHLETE COMMITMENT

Athletes will be accepted to the GCAS on application providing they are of age. It is expected that all athletes will have exemplary behaviour and willing to accept change.

The program will be conducted under strict COVID-19 guidelines and all athletes and parents are expected to follow these. Any questions must be forwarded to the program manager prior to commencement of the program.

Athletes to bring their own drink bottles and snacks during the clinic. It is expected that all athletes maintain the highest level of cleanliness washing and sanitising hands during the period of the clinic.

It is expected that any athlete involved in the clinic does not attend if they have any flu like symptoms. These symptoms can include fever, sniffles, cough

COST

A levy of \$ 150 (incl. GST) is applicable to an athlete's participation and covers the full cost of participation in the program. Athletes are expected to attend all three days of the clinic including the educational session on "recovery and body maintenance".

APPLICATION

Please fill in the application form available on our website for this clinic.

Athletes will be advised on confirmation of the clinic in the week commencing 22nd June 2020.

To ensure the clinic is conducted, the Academy needs to have 12 athletes as part of the clinic.

The Clinic will be led by Olympic Gold Medalist in Heptathlon, Glynis Nunn. Other leaders will be athletes who have competed at the state and national level.

Parents are asked to complete the application forms for their child and email them to programs@goldsport.com.au

After being accepted, the athlete must complete the medical form and pay the clinic fee.

IMPORTANT DATES

Applications Open: Monday 8th June 2020

Applications Close: Friday 19th June 2020

Days of Clinic:

Tuesday 30th June 2020 (9 – 11am)

Wednesday 1st July 2020 (9 – 12 noon)

(Lecture conducted from 11.15 – 12)

Thursday 2nd July 2020 (9 – 11am)

Venue - Griffith University. This is subject to change.

CONTACT / FURTHER INFORMATION

For further information please contact

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