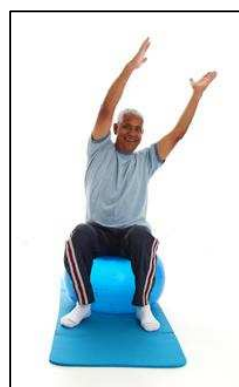


POWER UP YOUR PROGRAM



Add another dimension to your training. This workshop focuses on the most practical way to implement strength and conditioning training for your sport. Ideal for individuals, coaches, players, trainers and parents.

Learn about types of strength training, programming techniques, cross training, core strength, stretching and how to use them for optimal performance. There will be opportunity to ask questions specific to you and your sport. Practical instruction will ensure you are using correct technique and performing exercises safely. Suitable for beginner to elite athletes.

The workshop is presented by an experienced Sports Scientist/Exercise Physiologist who has trained, tested and developed programs for many elite and developing athletes/teams.

When – Monday 5th November 2012

Where – University of Wollongong - Recreation and Aquatic Centre, Sports Lounge.

Time – 6pm – 9pm

Cost - \$30 per participant

*Workshop can be used to gain points for the National Coaching Accreditation Scheme.
(determined by individual sport).*

BOOKINGS ARE ESSENTIAL

For more information or to enrol call 13 13 01 or visit www.dsr.nsw.gov.au

Completed enrolment forms can be faxed to 42 285 399 or sent to

Wollongong Office – PO Box 307 Wollongong NSW 2520



**Office of
Communities**
Sport & Recreation

Enrolment form

Program information

Program name

Venue

Program date(s)

Participant information

Name

Date of birth

Male

Female

Address

Postcode

Phone

Email address

Please provide details of any medical conditions, allergies or disabilities that may affect your participation in this program

Optional information

To help us serve the community it would be appreciated if you could answer the following questions:

Are you from a culturally diverse background?

Yes

No

(for statistical purposes only)

How did you find out about this program?

Are you of Aboriginal or Torres Strait Islander descent?

Yes

No

(for statistical purposes only)

Payment information

My cheque or money order payable to Sport and Recreation is enclosed OR charge \$_____ to my credit card: Visa Mastercard

Expiry date

Cardholder name

Signature

Risk warning and Media consent

Strike out whichever does not apply:

I agree for me/my child/ward to attend the Centre and to undertake all activities and/or to participate in the above program. In the case of an emergency, I authorise the Department of Education and Communities, Sport and Recreation staff, where it is impracticable to communicate with me, to arrange for me/my child/ward to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay or reimburse costs which may be incurred for medical attention, ambulance transport and drugs while my child/ward is attending the Centre/enrolled in the program.

I understand that although the Department of Education and Communities, Sport and Recreation and its service providers attempt to minimise any risk of personal injury within practical boundaries, accidents do happen and all physical activities carry the risk of personal injury. I acknowledge that there is an inherent risk of personal injury in physical activities that will be undertaken at the Centre/as part of the program and I accept that risk.

Please tick whichever applies to you:

I consent / I do not consent to allow the NSW Government to use any photographs, sound and film recordings taken of me/my child/my ward at this program for the promotion of NSW Government services and initiatives to the media and to the general public.

Full name Self Parent Guardian (please tick)

Signature

Date

Return this form with payment to:

Sport and Recreation
PO Box 307
Wollongong East NSW 2520
Fax: (02) 4228 5399

Privacy statement

The Department of Education and Communities of 6 Figtree Drive, Sydney Olympic Park, NSW 2127 will collect and store the information you voluntarily provide to enable processing of enrolments for the program. The information will be provided to relevant staff and be provided to medical professionals where necessary. You consent to these disclosures.

If you have been asked for information regarding Aboriginal and Torres Strait Islander descent and cultural background, this information is voluntary and is being compiled for statistical purposes only.

Any information provided by you will be stored on a database that will only be accessed by authorised personnel and is subject to privacy restrictions. The information will only be used for the purpose for which it was collected. Any information provided by you to the Department of Education and Communities can be accessed by you during standard office hours and updated by writing to us or by contacting us on 13 13 02.

I do not wish to receive promotional information about this service offered by Sport and Recreation.

Refunds and cancellations

Requests for refunds must be made within seven (7) working days prior to the commencement of the program in which you are enrolled. All requests must be made in writing. All refunds are subject to an administration fee of 20 per cent of the total program fee. Refunds will not be given for partial attendance, nor will make up lessons be provided. Refunds will be paid at the completion of the program. Sport and Recreation reserves the right to cancel any program/s. Every effort will be made to give reasonable notice to those who have enrolled when a program is cancelled. Those enrolled will be given a full refund.

For more information call (02) 4228 5355 or visit www.dsr.nsw.gov.au

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