



PERFORMANCE COACHING

COACHING SERVICES & PROGRAM INCLUSIONS

	ELITE	EMERGING TALENT	DEVELOPMENT
Months Commitment	12	12	As required
Sessions per Week	5+	2-4	1-3
Individualised Daily training program	*		
Individualised Monthly training program	*	*	
Injury and rehabilitation program	*	*	
Daily communication with Head Coach – as required	*		
Weekly communication with Head Coach – as required	*	*	*
Coach present at competitions	*	*	where possible
Competition planning	*	*	*
Facilitated structured training sessions	*	*	*
Technical support and feedback	*	*	*
Nutritional and Recovery advice	*	*	*
Competition assistance (preferable to level of comp)	*	*	*
Goal setting assistance	*	*	*
Video analysis	*	*	
Access to Multus equipment shed	*	*	
Access to Multus events	*	*	*
Access to Multus Coaching Camps	*	*	*
Access to Multus Training Camps	*		
Access to purchase exclusive Multus kit	*	*	*
Facebook Group	*	*	*
Performance Testing	*	*	
Access to aligned medical & physio professionals	*	*	*

<u>2019 Coaching Fees</u>	Per Session	Monthly	* Year
Elite		\$270	\$3140
Emerging Talent	\$25	\$240	\$2780
Development (Junior - u15)	\$25	\$200	\$2100
Coaching via Correspondence	\$125 per month		
Private Sessions	From \$100ph		

Please contact us to discuss what service best meets your needs and goals. For any athlete who feels their circumstances don't link in with the above, we can discuss the best personal plan for you.

- If not a member of the Box Hill Athletic Club's , track usage fees apply. If not a member of SKAAC, pole fees apply
- Monthly fees to be paid by the 1st of each month.

* Year fees include a discount for upfront payment by Feb 1st 2019.

Direct Transfer or Cash to:
MULTUS PC
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