

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	*		
Event specific Monthly training program	*	*	
Injury and rehabilitation program	*	*	
Daily communication & priority training with Head Coach	*		
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 Elite Multus Training Camps (national/international)	*		
Access to purchase exclusive Multus kit	*	*	*
Facebook Group	*	*	*
Performance Testing	*	*	
Access to aligned medical & physio professionals	*	*	*

2020 Coaching Fees	Per Session	Monthly	* Year	
Elite (by application)		\$300 + GST	\$3350 + GST	
Emerging Talent		\$250 + GST	\$2850 + GST	
Development Athlete (Junior - u15)	\$25 + GST	\$200 + GST	\$2150 + GST	
Coaching via Correspondence	\$125per month + GST			
Private Sessions	From \$100ph + GST			

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 may apply
- Monthly fees to be paid by the 1st of each month.

Direct Transfer or Cash to:

MULTUS PC
NEW ACCOUNT: BSB: 063 109

ACC: 1330 9540

Contact Details: M: 0407 230 748

E: multusPC@gmail.com www.MULTUS.com.au



^{*} Year fees include a discount for upfront payment by March 10th 2020.