

UNIQUE  
EXPERIENCE  
LIMITED PLACES



EARLY BOOKING  
DISCOUNT SAVE  
15% BOOK NOW

# AUSTRALIAN SPORTS PERFORMANCE

***Reach the next level with Australian Sports Performance***

CRICKET | FOOTBALL | SOCCER | HOCKEY | NETBALL

Our two day program has been created for advanced players.

Be the best you can be by training and improving your skills with technique analysis and video reporting.  
A high powered two day coaching experience from some of Australia's leading coaches to transform your game.

Camps are designed for experienced players aged 12 to 16 and will provide:

- Two days of coaching from 9am to 3pm
- Fitness and speed testing and profiling by *Acceleration Australia* who specialise in making all athletes run faster, jump higher and play for longer
- Skills coaching in your chosen sport
- Sessions in sport psychology, diet and nutrition
- Video analysis of technique and special coaching report for each player
- Follow up fitness plan for each player
- ASP uniform including cap, shirt and shorts

Fitness, speed testing and profiling will bring together concepts from speed and agility, stability and flexibility, power and strength to create an all round robust efficient athlete.

*"The earlier our players and youth get skills, discipline and training techniques the better it will be for them in life and sport"* - Kevin Sheedy

**SECURE YOUR SPOT NOW - Limited to 30 players per sport**

**VICTORIA - Melbourne - Caulfield Grammar**

Whealers Hill Campus, Wheelers Hill

CRICKET | FOOTBALL | SOCCER | HOCKEY | NETBALL

Thursday 24 & Friday 25 September 2015

**WESTERN AUSTRALIA - Perth - Newman College**

Churchlands

CRICKET | FOOTBALL | SOCCER | NETBALL

Monday 5 & Tuesday 6 October 2015



**15% Early Booking Discount Offer - Pay in full by Friday 28th August 2015**

Sports Performance Program 12 - 16 years: 15% discount price \$340 (save \$60)

Full price after 28th August 2015 \$400

To book visit [www.australiansportsp performance.com.au](http://www.australiansportsp performance.com.au), email [asp@australiansportscamps.com.au](mailto:asp@australiansportscamps.com.au)  
or call 1300 914 368

Every player applying will receive a detailed confirmation and will be required to fill in and return a 'camp outcome' sheet.  
We want to know as much about your game before you arrive to enable us to better transform your game.