

MLA Holiday Camp

8 & 9 October 2018

Where Balmoral Oval

When Week 2 of School Holidays - Monday and Tuesday 8th and 9th of October

Age groups Under 10 and above (non-MLA athletes also welcome)

Times

Full day 10am - 2pm

Half-day 12.30pm – 2pm option for throwers and jumpers only

Cost

Full day - \$75 per day or \$130 for both days*

Half day - \$45 per day or \$80 for both days (throwers or jumpers only)

* All athletes registering for a FULL day will receive a *free* set of stretching bands

PROGRAM DAY 1

9.45am arrival for 10am start

Warm up and technique drills session

Presentation from Nutritionist, Sports Dietitian & Exercise Physiologist Sophie Brown

Morning work block – choose Sprints OR Middle Distance

Lunch break

Half day athletes arrive 12.15pm for 12.30pm start

Afternoon work block – choose Hurdles OR Long Jump OR Shot Put

Games and Cool Down

2pm finish

PROGRAM DAY 2

9.45am arrival for 10am start

Warm up and technique drills session

Morning work block – choose Sprints OR Middle Distance

Lunch break

Half day athletes arrive 12.15pm for 12.30pm start

Afternoon work block – choose Hurdles OR High Jump OR Discus

Games and Cool Down

2pm finish

Wear Comfortable exercise clothing and shoes

Bring Water bottle, hat, sunscreen, healthy packed lunch and snacks

REGISTRATION NOW OPEN!

Please email mosmanla@gmail.com asap to secure your place. In your email please provide

- Athlete name and age
- Full day or half day attendance
- Your authorisation for us to charge the credit card in our registration system (or provide us with your credit card number, expiry and CVV if you are not registered with us)

MOSMAN ATHLETICS
CLUB