



## Gunnedah Health & Fitness

### Youth Talented Athlete Program (TAP)

Our core business has always been "Developing athletes" and "Long Term Athlete Development" (LTAD) and so we run our Youth Training Model as a Talented Athlete Program (TAP). It is aimed at those that have achieved, or aim to achieve, Representative level in their chosen sport. Our Tuesday squad is designed for those pursuing track & field or running as a sport, and/or those that are at a rep level in a Sport requiring speed and/or agility.

#### Weekly youth sessions on offer:

- Monday 3.45pm Athletes **Strength** @ GHFC Studio
- Tuesday 3.45pm Athletics **Squad** (speed and agility) @ Donnelly Oval
- Thursday 7am **Athleticism** (strength, power, conditioning) @ GHFC Studio - you can only do Thursdays if you are doing Monday's and have been approved to progress to it.

#### TAP pricing:

- Term booking for 1 session/week - \$130
- 2/week is on a flexi contract and goes all year\* @ \$24/week
- 3/week is on a flexi contract and goes all year\* @ \$35/week

#### NOTE:

- We encourage the flexi youth contracts as athletic development should be a year-round commitment. **In school holidays** we offer other training sessions, and you can come to the gym to do classes or at any time during staffed hours, and you also get our online training app's athlete programs and a running program during the holidays so you can train from anywhere.
- **Youth Flexi Contract** means you can cancel your membership with 14 days' notice in writing, but you cannot withdraw mid-term. Contract payments are taken out as a direct debit each week.
- Other appropriately qualified/experienced coaches may be substituted in if/when needed
- Any "extra" training under this model will be charged at a reduced \$10 per session (e.g. High Jump Training and Regional Training to cover costs).
- **Youth Personal Training** is also available at \$55 (contract) or \$60 (casual) for a 45 min session.



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## Youth TAP Contract Request

My Son/daughter ..... (full name of student) would like to join the GHFC TAP in the following capacity (please highlight):

- Monday 3.45pm Athletes **Strength**
- Tuesday 3.45pm Athletics **Squad** (speed and agility)
- Thursday 7am **Athleticism** (strength, power, conditioning)

DOB .....

Rep/Focus Sport .....

I, ..... (parent/guardian name), have requested that GHFC Pty Ltd set up the following auto-pay contract on my behalf for the TAP

Sessions per week: .....

Cost per week: .....

Or, I request that you charge \$130 for 1/week: .....

Card Name: .....

Card Number: .....

Expiry: ...../.....

*I agree to all the associated conditions with that membership as per the attached sheet and acknowledge that it is expected that my child(ren) will act with respect to all involved, and can be sat out if they do not. I also understand that the nature of the coaching may sometimes require a hands on approach to coaching but that this will always be done appropriately. This TAP program requires commitment and regular attendance is expected.*

Signed: .....

Parents Mobile: .....

Date: .....

Parents Email: .....