



## U14 – U15 MULTIS CLINIC

**Date:** Sunday 21<sup>st</sup> October 2007  
**Venue:** Essendon Little Athletics Centre  
Moonee Valley Athletics Track,  
Corio St, Off Waverley St  
Moonee Ponds **Mel Ref:** 28 D6  
**Duration:** 10.30am – 3.30pm 5 rotations of 45mins.  
**Cost:** \$5.00 Inc GST (payable on the day)  
**Coaches:** Current JDS & ALAC Coaches

**Clinic includes:** All athletes will receive expert coaching during this comprehensive clinic in the 5 Multi events, in preparation for the U15 ALAC Multi Championships, as well as providing training programs for each of the 5 events.

**What to bring:** Full training kit, hat, sunscreen, drink bottle, lunch, snacks  
Additional drinks & sunscreen will be provided

For any questions regarding the course contact Shane Bertrand on (03) 9676 3600 or email [shane.bertrand@vlaa.asn.au](mailto:shane.bertrand@vlaa.asn.au), return form to VLAA Locked bag 1011, Port Melbourne 3207, or Fax : 9676 3601

Cut along dotted line and return.

### REGISTRATION DETAILS

Date: Sunday 21<sup>st</sup> October 2007

Venue: Moonee Valley Athletics Track

Athletes Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Age Group please circle: U14 U15 Centre: \_\_\_\_\_

Email: \_\_\_\_\_

Please answer the following question as this information helps course preparation.

Do you currently have a coach?

Please circle: YES NO

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