



SYDNEY
OLYMPIC PARK



COACHING 4 COACHES

Saturday 1st and Sunday 2nd May 2010

The Liz Ellis Goals 4 Girls Foundation is holding an event to fundraise for scholarships and a mentor programme for young women in Western Sydney who show aptitude in leadership, academia and sport and whose family situation may otherwise deny them access to a quality education. You can help us raise much-needed funds AND further your coach education, as well as pass on your new-found knowledge to your team and club. 'Coaching 4 Coaches' is a weekend event specifically designed for coaches of all levels with numbers will be strictly limited to 40 participants. All you need to do to participate in a unique event, as well as make a significant contribution to the community, is fundraise the registration fee of \$1000.

Includes:

- 2 hour Coaching Masterclass with legendary Australian Diamonds coach **Norma Plummer**
- 'Coach's Chair' – take a look at the season with NSW Swifts super coach **Julie Fitzgerald**, and get an insight into the game plan for the match against Melbourne Vixens from the coach herself
- Attending at the NSW Swifts/Melbourne Vixens clash on 2 May at ACER Arena **PLUS 10 general admission tickets** to NSW Swifts/Melbourne Vixens match for your team
- '**Champions Lunch**' in the ACER Arena Corporate Suite prior to the Swifts match, including a Coaches Panel discussion.
- A '**Behind The Scenes**' tour of the NSW Swifts change room prior to the NSW Swifts/Melbourne Vixens match with NSW Swifts Captain **Catherine Cox**
- Watch the NSW Swifts/Melbourne Vixens match from the comfort of the **corporate suite**.
- Expert **post match analysis**
- 1 night **accommodation** at Novotel at Sydney Olympic Park, Homebush
- A **welcome gift** from our sponsors

Plus seminars in:

- Strength and Conditioning Training with Limited Resources – Bryce Cavanaugh, Sydney Swifts and Sydney Swans Strength and Rehabilitation Coach
- Injury Prevention and Recovery – Sean Mungovan, Sydney Swifts and Australian Diamonds Physiotherapist
- Creating a Great Team - Ferry Lee, NSWIS Netball Program Sport Psychologist
- Nutrition for Netballers - Sally Walker NSWIS Dietitian

The Liz Ellis Goals 4 Girls Foundation is a foundation established to provide educational scholarships for girls who display leadership, academic and sporting aptitude, and whose family situation would otherwise preclude them from pursuing their educational goals.



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Name: _____ Male/Female: _____

Street: _____

Suburb: _____ Post code: _____ Telephone: _____

Emergency Contact: _____ Emergency Number: _____

Parent/Guardian: _____

(If under 18 they will need to be accompanied by a parent or guardian on Saturday night)

Shoe Size for Running Shoes: _____ Shirt size: Men: S M L XL Women: S M L XL
(Please circle)

Coaching Accreditation Level: _____

Club/Team Currently Coaching: _____

Age/Representative Level of Team: _____

Details of any Allergies/Disabilities: _____

EFT Bank: CBA A/C Name: The Liz Ellis Foundation Limited

BSB: 062000 A/C No.: 13772348 Reference: Please use your surname and first initial.

Cheque: Cheques can be posted to The Liz Ellis Foundation, PO Box 2635, North Parramatta NSW 1750

Completed forms can be emailed to ali@lizellis.com.au, posted with the cheque as noted above or faxed to (02) 8232 3019.

Waiver

Consent: I agree to my or my child's attendance and participation in The Liz Ellis Goals 4 Girls Foundation Coaching 4 Coaches (the "Program") operated by The Liz Ellis Goals 4 Girls (the "Organiser")

Risk, warning, acknowledgement or risk and limitation of liability: I acknowledge that there is an inherent risk of personal injury in physical activities that may be undertaken as part of the Program and that myself or my child undertakes these activities at our own risk. I agree, to the extent permitted by law, that the Organiser does not accept liability in respect of personal injury or death resulting from recreational services provided by the Organiser.

Medical treatment: In an emergency, if it is not reasonably practicable to obtain my authority in the circumstances, I authorise the Organiser or its staff to arrange for myself or my child to receive such medical or surgical treatments as may be deemed necessary in the circumstances.

Allergies and existing medical conditions: I do not suffer any allergies and am not allergic to any medication other than those specifically identified above. I am not aware of any existing disability, medical illness or condition which would make me unable to participate in the Program.

Publicity Statement - Photographs may be taken of the activities involved with The Liz Ellis Goals 4 Girls Foundation Coaching 4 Coaches. The Liz Ellis Goals 4 Girls reserves the right to use these photographs for publications and promotion of The Liz Ellis Goals 4 Girls.

I have read the above and consent to participation on this basis.

PRINT NAME _____ SIGNED _____ DATE _____