



# MULTUS

PERFORMANCE COACHING

**COACHING SERVICES & PROGRAM INCLUSIONS**

	ELITE	EMERGING TALENT	DEVELOPMENT
Months Commitment	12	12	As required
Sessions per Week	5+	2-4	1-3
Individualised Daily training program	*		
Event specific Monthly training program	*	*	
Injury and rehabilitation program	*	*	
Daily communication & priority training with Head Coach	*		
Weekly communication with Head Coach – as required	*	*	*
Coach present at competitions	*	*	where possible
Competition planning	*	*	*
Facilitated structured training sessions	*	*	*
Technical support and feedback	*	*	*
Nutritional and Recovery advice	*	*	*
Competition assistance (preferable to level of comp)	*	*	*
Goal setting assistance	*	*	*
Video analysis	*	*	
Access to Multus equipment shed	*	*	
Access to Multus events & Coaching Camps	*	*	*
Access to Elite Multus Training Camps (National/international)	*		
Access to purchase exclusive Multus kit	*	*	*
Facebook Group	*	*	*
Performance Testing	*	*	
Access to aligned medical & physio professionals	*	*	*

<b><u>2022 Coaching Fees</u></b>	Per Session	Monthly	* Year
Elite (by application)		\$330 Inclusive of GST	\$3685 inclusive of GST
Emerging Talent		\$275 Inclusive of GST	\$3135 inclusive of GST
Development Athlete (Junior - u15)	\$30 Inclusive of GST	\$220 Inclusive of GST	\$2365 inclusive of GST
Coaching via Correspondence	\$125per month + GST		
Private Sessions	From \$110ph Inclusive of GST		

Please contact us to discuss what service best meets your needs and goals. For any athlete who feels their circumstances don't link in with the above, we can discuss the best personal plan for you.

- If not a member of the Box Hill Athletic Club, track usage fees apply. If not a member of SKAAC, pole fees may apply
- Monthly fees to be paid by the 1<sup>st</sup> of each month.

\* Year fees include a discount for upfront payment by Feb 1<sup>st</sup> 2022.

**CONTACT DETAILS:**

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[www.MULTUS.com.au](http://www.MULTUS.com.au)

**"MULTUS PC" ACCOUNT INFO:**

For Direct Transfer

BSB: 063 109  
ACC: 1330 9540



**MULTUS - CREATING CHAMPIONS**