



# MULTUS

PERFORMANCE COACHING

COACHING SERVICES & PROGRAM INCLUSIONS

	ELITE	EMERGING TALENT	DEVELOPMENT
Months Commitment	12	12	As required
Sessions per Week	5+	2-4	2
Individualised Daily training program	*		
Individualised 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, Recovery & Sleep advice	*	*	*
Competition assistance (preferable to level of comp)	*	*	*
Goal setting workshops and support	*	*	*
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	*	*	*

2026 Coaching Fees (All fees are inclusive of GST)	Per Session	Monthly	* Year
Elite (by application)		\$360	\$3888*
Emerging Talent	\$50	\$305	\$3295*
Development (Junior - u15)	\$50	\$245	\$2645*
Trial Package for NEW athletes: Come and try 3x sessions for a once off \$60 (available once per athlete)			
Coaching via Correspondence	\$225 per month		
Private Sessions	From \$120ph		

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's, track usage fees apply. If not a member of SKAAC, pole fees apply
- Monthly fees to be paid by the 1<sup>st</sup> of each month (reference full name and month)

\* Yearly fees include a 10% discount for upfront payment by Feb 25<sup>th</sup> 2026.

**CONTACT DETAILS:**

M: 0407 230 748

E: [multusPC@gmail.com](mailto:multusPC@gmail.com)

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



**MULTUS - CREATING CHAMPIONS**