



**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                          | *     |                 |                |
| 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               | *     | *               | *              |

| <b>2024 Coaching Fees</b><br>(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: Come and try 3x sessions for a once off \$60 (available once per athlete) |                 |         |         |
| Coaching via Correspondence  | \$125 per month |         |         |
| Private Sessions   | From \$110ph    |         |         |

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 name and month)

\* Yearly fees include a 10% discount for upfront payment by Feb 15<sup>th</sup> 2024.

**CONTACT DETAILS:**

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**"MULTUS PC" ACCOUNT INFO:** BSB: 063 109  
To setup Monthly Direct Transfer ACC: 1330 9540