

## SPORTS SCIENCE BOOT CAMP

## Booking Form

Students will be given the opportunity to interact with leading Australian sports scientists in an elite athlete testing center to learn the latest information on fitness testing, training and recovery.

Students will be involved in a range of activities including:

<b>Lecture</b>	Introduction to fitness testing & sports science careers
<b>Laboratory Testing</b>	Learn how to test an athlete's aerobic power ( $VO_{2max}$ test)
<b>Interactive Workshop</b>	Develop speed & agility using the latest plyometric techniques
<b>Interactive Workshop</b>	Design your own strength program using the latest software
<b>Field Testing</b>	The AFL Draft Camp- Compare yourself to an AFL recruit
<b>Interactive Workshop</b>	Design your own recovery & event nutrition strategy



### Who We Are

Exercise Research Australia (ERA) is a nationally recognised athlete testing facility and services a number of Australian and International sporting groups including:

- Victorian Institute of Sport (VIS)
- AFL Clubs & The AFL Draft Camp
- AIS AFL Academy
- Cricket Australia & Cricket Victoria
- Football Federation Victoria

### Booking Details

**Duration:** 9 am – 3:30 pm  
**Location:** ERA  
**Cost:** \$85.00 per student (incl. GST)  
**Payment:** Cheque/ Direct Debit

### ERA Booking Form

Please complete the form below with your booking requirements and return to ERA via post, fax, or email with payment.

**University Name:** \_\_\_\_\_ **Student name:** \_\_\_\_\_

**Contact Email:** \_\_\_\_\_ **Mobile No.:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Emergency Contact No.:** \_\_\_\_\_

Session	Date	Select 'x'	Cost
Boot Camp 1	07/04/10		
Boot Camp 2	TBC		
<b>Total Cost</b>			<b>\$</b>

**Exercise Research Australia Pty Ltd**  
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 Fairfield VIC 3078  
 T (03) 9480 1800  
 F (03) 9480 1855  
 E [education@exerciseresearch.com.au](mailto:education@exerciseresearch.com.au)

BSB: 083-004 (NAB) A/C No.: 555 530 128

**Direct Debit:** Payable to Exercise Research Australia

**Note:** Please ensure you include your name if payment is made via direct debit.

**TERMS AND CONDITIONS** \*Please acknowledge acceptance of the following Terms and Conditions **prior** to returning your registration.

I \_\_\_\_\_ (Name) understand and accept the following terms and conditions: Cancellation within 2 weeks of the camp will result in 50% of the booking fee being forfeited.

Signed by: \_\_\_\_\_ Date: \_\_\_\_\_

**Office Use:** Confirmation Sent: Y Date: \_\_\_\_\_ Staff ID: \_\_\_\_\_ Invoice No.: \_\_\_\_\_