

Strength and Conditioning Programme

The Isle of Man Athletic Association through their Head of Performance is offering a 10 week Strength and Conditioning programme for athletes who have aspirations of competing in Commonwealth Games, Commonwealth Youth Games, Island Games and Island representation.

The programme commences on Wednesday 29th September in the Isle of Man Sports Institute NSC, you will be allocated a slot 6 – 7pm or 7 – 8pm on return of your application. The cost is £30 for 10 sessions made payable to 'Isle of Man Athletic Association'.

The minimum age is 14 years old. Coaches are encouraged to accompany athletes to the sessions.

Please complete the details below and return by 10/9/2010 to **Gianni Epifani, 28 Champion Way, Abbey fields, Douglas, IM2 7DU**

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Details:

Name: _____ D.OB. _____

Address: _____

Post Code: _____

Contact No. _____ Email address: _____

Goals for the 2011 Season

Coach currently overseeing your training schedule: _____

If you are currently still in education please detail your school, university etc _____

Please list any medical/injury problems that the instructor's should be made aware of before you commence the programme:

Personal Bests:

Events:

_____ Time/Distance: _____

_____ Time/Distance: _____

_____ Time/Distance: _____

_____ Time/Distance: _____

