



Do You Want to Take Your Game to the Next Level?

METRO REVELLERS NETBALL CLUB

partnering with



will be delivering a

Netball Specific Strength & Conditioning Program in 2013

REGISTRATION FORM

First Name: _____ Surname _____

Date of Birth _____ Team _____

Address _____

Suburb: _____ Postcode: _____

Phone: _____ Email: _____

Parent's Name: _____ Mobile No _____

Please choose a session from the following:

Sundays 10am – 11.30am

Sundays 11.30am – 1pm

Mondays 7pm – 8.30pm

Wednesdays 7pm – 8.30pm

Thursdays 7pm – 8.30pm

This is an optional Program.

If you choose to be part of this program, please fill out the registration and pass on to Leanne by Friday 23rd November. All players, regardless if they are doing the program or not will be tested by AAP on Friday 23rd November

The Cost per session will be:
\$8 per session
Payable at each session.

For more information, call Ferruccio on 0409 638 761 or if you would like more specific details on the strength and conditioning program, call Piero on 0416 201 733.

Why you should do the program

- ❖ If you are serious about netball or even just a beginner, this is your opportunity to receive instruction from a legendary Strength & Conditioning coach
- ❖ Improve your performance on the critical netball factors that you need to develop if you want to become a champion:
Speed, Agility, Reaction, Quickness, Endurance
- ❖ Increase **Strength ,Power & Flexibility**
- ❖ Improve running mechanics & maximise athletic potential

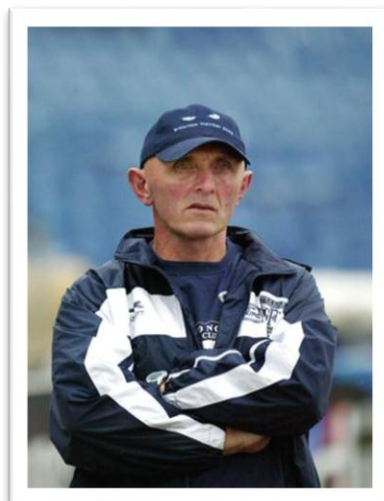


- ❖ Too many young athletes today are developing chronic overuse type injuries which have affected their performance. These and other types of injuries could have been prevented if athletes had participated in a quality strength training program by addressing certain weaknesses such as upper or lower body strength, core strength and stability (abdominal, low back, hip region) and flexibility. Athletes who participate in this program will understand what their weaknesses may be and how to improve in these areas to help prevent injuries and improve performance.



Your Strength & Conditioning Coach

LORIS BERTOLACCI



Exercise Physiologist

- ❖ One of Australia's most highly credentialed, experienced and successful **Strength & Conditioning Coaches**
- ❖ Loris represented Australia and has been an International level Track & Field Athlete himself.
- ❖ He understands what it takes to get to the top level as an athlete because he has done it himself.
- ❖ Worked in the AFL 1987-2007
- ❖ The man that built Essendon's "Baby Bombers"
- ❖ Strength & conditioning mastermind behind the current day Geelong "Super" team
- ❖ As well as working with Champion VPL teams, state Volleyball and Netball teams Loris has worked with individual sports such as tennis and Track & field
- ❖ Loris has developed athletes for many different sports over many years which gives him a unique insight into football specific development that is rarely seen.
- ❖ Many of the current day strength & Conditioning coaches that are working in AFL, A-League and with International teams undertook their apprenticeships under Loris

Program Includes

- ❖ Pre-testing to establish base point data in:
- ❖ Netball specific fitness testing Speed, Power, Agility, Endurance, Reaction
- ❖ Post-testing to gauge players' progress
- ❖ Each participant will receive a report providing feedback
- ❖ Customised Strength & Conditioning & Energy System Development Programs
- ❖ Group Instruction

Other Services include

- ❖ Rehabilitation of Injuries
- ❖ Referral system to expert Allied Health specialists
- ❖ Sports Specific Massage to assist in recovery and injury prevention

Program Schedule

One session per week plus additional tailored program that can be completed at home. Complemented by metro coaches at training on Fridays

- ❖ **Dates : All Registration forms must be received by 23rd November .**



"We Build Champions that Last"