

LEVEL 2 COACHING COURSE AT&FCA(ACT)

A level 2 course will be held at the AIS, the course structure is as follows:

Sunday 1st November Level 2 Core from 8-45am—pm start of the specifics-- Jumps

Sunday 15th November 8-45am Jumps - am/pm Sprints / Hurdles

Sunday 29th November 8-45 am/pm Throws and Endurance

The cost of the course

Course /Core \$75

For each specific event \$90

This fee covers all course notes, presenters, and registration.

The starting time for this course is 8-45am, each day , further details will follow, on where to meet on the day.

More information, contact Michael Spencer e-mail, rugby.44@home.com if voice contact required please contact Deb Moran 0412 759 957

Please check with your club for any part payment by them, payment must be made on the day either by cash or cheque.

When enrolling for any part of the Level 2 course, we need to know your AT&FCA number

The last day for enrolling -- Sunday the 25th October 2009 .