



2006 Melbourne Commonwealth Games Future Athletes Program

WEIGHTLIFTING CLINIC APPLICATION FORM

ABOUT THE PROGRAM

The 'Future Athletes Program' is an initiative of the Victorian Government designed to introduce secondary school age students competing in representative school events to a wider developmental pathway in their sport. During 2005 the Victorian Institute of Sport, in conjunction with the 16 Commonwealth Games sports associations, will conduct sport specific clinics providing:

- Technical Tips from leading Coaches
- Training advice from a State or National representative Athlete
- Valuable information on Sports Nutrition, Training and Injury Prevention
- Skill Practice and Assessment
- Information on how to take the 'next step' in sporting development

Clinics are scheduled from 10:00am until 3:30pm, and are free of charge to participants.

ELIGIBILITY and SELECTION to ATTEND a WEIGHTLIFTING CLINIC

All Victorian Secondary School students who meet the selection criteria may enrol in a Weightlifting clinic. Selection criteria have been developed in consultation with the Victorian Weightlifting Association to assist athletes in taking the 'next step' in their sporting development. A minimum age requirement has been set for athletes who wish to take part in a Weightlifting Clinic. Clinic places are limited and applications will be accepted only until each clinic is full. Applications can close early should sufficient applications be received.

To be eligible to attend a 'Future Athlete' Weightlifting Clinic:

- Students must submit a signed application form to the VIS prior to the scheduled clinic.
- Applicants must be at least 12 years of age and currently enrolled in a Victorian Secondary School (both government and non-government school students are eligible).
- Any student with an interest in the sport of weightlifting is encouraged to apply, including female participants and athletes with a disability.
- Students may attend only one 'Future Athletes Program' sports clinic.

SCHEDULED WEIGHTLIFTING CLINICS

- Victorian Weightlifting Stadium (Hawthorn) – Saturday July 30th
- Splashdown Leisure Centre (Geelong) – Saturday 13th August

FUTURE ATHLETES PROGRAM

WEIGHTLIFTING CLINIC APPLICATION FORM

Complete and mail or fax this form to:
Future Athletes Program – Weightlifting Clinic
Victorian Institute of Sport
P.O. Box 12608
Melbourne VIC 8006
Fax 9425-0100

Enquiries, please e-mail future.athletes@vis.org.au or phone 9425-0030

Student's First Name _____

Surname _____ Date of Birth _____

Name of Secondary School attending _____

Address or Location of School _____

Name of PE contact at School _____

Have you participated in Weightlifting activities previously? YES / NO

What is your sporting background? _____

Are you an athlete with a disability? YES / NO

Clinic applied for (*please circle*)

Hawthorn (30th July)	Geelong (13 August)
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Home Address: _____

Post Code: _____

Phone: _____

E-mail Contact: _____

Parent/Athlete consent to attend clinic:

*I Name of Parent / Guardian _____
hereby give permission for my son/daughter to undertake weightlifting instruction at a Future Athletes Program clinic.*

Signature of Parent or Guardian (please also print full name)

Signature of Student

All applicants will be notified by mail about the status of their application

