

Free Workshop

keeping your Cardio Tennis program fresh



Workshop covers:

- ▶ Keeping it fresh
 - NEW activities
 - NEW music
 - NEW local are marketing with social media
- ▶ 6 components of Cardio Tennis
- ▶ Cardio Tennis for large groups (optional)
- ▶ Understand the heart rate monitor and heart rate training.

FREE Cardio Tennis branded shirt!*

**This offer is only valid for 2012-13 registered Cardio Tennis coaches.*

Any qualified or trainee coach member that attends with or on behalf of their Head Cardio Tennis coach will receive a complimentary Cardio Tennis assistant coach upgrade (valued at \$150) including;

- ▶ Suunto M2 Heart Rate Monitor
- ▶ Cardio Tennis activity cards resource
- ▶ Access to the Cardio Tennis section of Bounce on line learning platform.

Qualified and trainee members that are already registered assistant Cardio Tennis coaches will receive two additional Cardio Tennis branded shirts.

FREE Heart rate monitor, activity cards resource and access to the Cardio Tennis section of Bounce!

