

# Get in the Zone



A free introductory PD workshop for Cardio Tennis deliverers

## Workshop covers:

- ▶ Understanding why Cardio Tennis exists (research)
- ▶ The six core components of Cardio Tennis
- ▶ Mastering on-court delivery of the Cardio Tennis program.

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

\*Any qualified or trainee coach member who attends with or on behalf of their Head Cardio Tennis coach will receive a complimentary Cardio Tennis assistant coach upgrade for the 2013-14 financial year (valued at over \$200) including;

- ▶ Suunto M2 Heart Rate Monitor
- ▶ Cardio Tennis activity cards (workout plans 1-6)
- ▶ Cardio Tennis branded shirt (one unit only) and cap
- ▶ Access to the Cardio Tennis section of Bounce on line learning platform.



## Free Get In The Zone Cardio Tennis Workshop

Assistant Coaches receive a FREE Cardio Tennis Assistant Coach membership upon attending the Workshop.

**Date:** Wednesday 24th July 2013

**Time:** 9:00 am-2:00 pm

**Venue:** State Tennis Centre (Hopman Cup Room)  
Victoria Park Drive, Burswood 6100

**Cost:** FREE for Tennis Australia coach members  
\$66 (inc GST) for non-members

**RSVP:** Friday 19th July 2013  
Lunch Provided.

\*Terms and conditions: Any Tennis Australia qualified or trainee coach member who attends a 'Get in The Zone' workshop with or on behalf of their registered Head Cardio Tennis Coach will receive a complimentary Cardio Tennis assistant coach upgrade for the 2013-14 financial year (valued at over \$200) including: 1 x Suunto M2 Heart Rate Monitor (\$130 value), 1 x Cardio Tennis Activity cards resource including workout plans 1-4 (\$39 value), 1 x Cardio Tennis Activity Cards resource including workout plans 5-6 (\$39 value), 1 x Cardio Tennis-branded T-shirt (\$49 value) and access to the Cardio Tennis section of the Bounce online learning platform. Attendees that are not Tennis Australia coach members must take up a trainee coach membership before attending the workshop in order to be eligible for the complimentary Cardio Tennis Assistant Coach upgrade. Head Cardio Tennis Coaches must renew their Cardio Tennis program registration for 2013-14 financial year before their assistant coaches can receive the complimentary upgrade. Complimentary assistant coach registration expires on 30 June 2014.

# Professional Development Workshop

## Registration form and Tax invoice



**Get in the Zone Cardio Workshop – Wednesday 24 July 2013**

**Registrations close Friday 19 July 2013**

*Please retain a copy of this invoice and payment details for your own records.*

First name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ Postcode \_\_\_\_\_

Phone \_\_\_\_\_ Mobile \_\_\_\_\_ Email \_\_\_\_\_

### Record of performance:

As a participant I consent to Tennis Australia taking, retaining and reproducing my image obtained during my participation in Coach Development events. I acknowledge that all photographs, electronic images, sound recording, video footage and other recordings shall remain the property of Tennis Australia which may use this material for any promotional, advertising or marketing materials whether during or after my involvement at the event.

### Signed and agreed by participant:

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Date

### Payment method to Tennis Australia Ltd ABN 61006281125

These include cheque (*cheques payable to Tennis Australia*), EFT payment or credit card.

**Cheque:**  attach cheque made out to *Tennis Australia*

**EFT:**  Tennis Australia - BSB: 013-006 – Acc No: 835672673.

Please ensure your fund transfer credit is adequately identified using a clear reference – eg: **“WACardio-your name”** and retain the receipt of payment. If you do not provide a reference, Tennis Australia will not be able to track your payment.

**Credit card:**  Visa  Mastercard

**Name on card:** \_\_\_\_\_

**Card no:** □ □ □ □ / □ □ □ □ / □ □ □ □ / □ □ □ □ **Exp:** □ □ / □ □

**Amount: \$66** **CCV No:** □ □ □ (3 digit code on back of credit card - last 3 digits)

By signing below, I authorise Tennis Australia to charge my credit card number, the Cardio Tennis Workshop registration fee of **\$66 (inc GST)**.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

**Please note:** Credit card payments will incur an additional 2% administration fee.

**Please return form to:** **Karen Annear** at Tennis Australia, Private Bag 6060 Richmond, VIC 3121

Email: [kannear@tennis.com.au](mailto:kannear@tennis.com.au) phone: + 61 3 9914 4128 fax: + 61 3 9650 1040