ATHLETE'S CORNER POLE VAULT

FEE STRUCTURE

Pole Vault coaching

1 session/week

Under 14 yo	$220/ Term (10 weeks)
Over 14 yo	$270/ Term (10 weeks)

2 sessions/week

Under 14 yo	$420/ Term (10 weeks)
Over 14 yo	$520/ Term (10 weeks)

Family discount: 5% off second athlete fee, 10% off third athlete fee (discount applies to lowest fees first).

This includes access to the Athlete's Corner App which is updated every week with Pole Vault specific Strength and Conditioning sessions and Speed sessions.

Competition coaching (compulsory)	$25
Intermediate clinic	$80
Beginner clinic	$90
Casual session	$35
Private session	$50

Partners

A. Centre Of Excellence Strength and Conditioning program $200/ month.

Includes testing every 6 weeks, 1 session/ cycle in person at SOPAC, 6-week individualised program provided on App.

https://www.nswcentreofexcellence.com.au/

B. Elevation One Physiotherapy Strength and Conditioning program $210/ 6 weeks.

See attached partnership program.