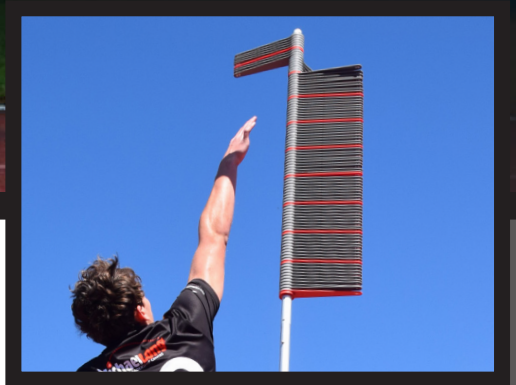




PRE-SEASON ATHLETE TESTING

BE PREPARED FOR YOUR SEASON.



DAY PROGRAM FOR SPORTS PRE-SEASON TESTING

Includes:

- 2 hour field session
- Hot lunch including salad bar
- Track session for testing
- Ice baths recovery session
- Gym access
- 1 hour meeting room hire including AV equipment

ONLY
\$39.95pp*

Based on 30
paying attendees.



If you fail to plan, you plan to fail. As the saying goes, it's all in the preparation. Whether your sights are set on a premiership or gold medal, wind the clock back to 6 months before that winning moment, and it's all in the details.

Training programs are created to work on an athletes weaknesses, and develop their strengths. Athlete testing is conducted at the beginning of a season by most teams and clubs to find out the players' fitness levels and get data to base their new training programs on.

The Gold Coast Performance Centre offers the optimal testing environment, with equipment and facilities to assist you to self-facilitate the testing as you require.

Why not add on a team building activity to kick your season off right?

CONTACT US FOR A FREE QUOTE

07 5500 9988

reservations@sportssupercentre.com.au

1 Sports Drive, Runaway Bay, Gold Coast