



Bulldogs Academy

Live the life of an AFL Footballer!

Come join us in the state-of-the-art Mission Elite Learning Centre and train like an AFL Star.

9th and 10th of July 2009

The two day training camp includes the following:

- Tour of the Elite Learning Centre
- Fitness Testing
- Motivational Speech
- Weights and Cardio Training
- Recruitment process
- Pool Session
- Dietician Lecture
- Skills and Conditioning Session
- Leadership and Coaching Talk
- Match Practice
- Recovery
- Academy Kit

Participants will have lunch and snacks provided each day and are encouraged to bring a drink bottle that can be refilled throughout the day.



PROUDLY SUPPORTED BY
THE WESTERN JETS FC &
THE WILLIAMSTOWN FC



MAJOR PARTNER



Bulldogs Academy

REGISTRATION FORM

Name: D.O.B:

Address:

Suburb: Postcode:

Email:

Parent Contact:

Emergency contact and relationship to child if different to above (ie. not a parent):

Name: Relationship:

Home phone: Work phone:

Mobile phone:

2009 Western Bulldogs Junior member: yes no (please tick box)

Membership number

Please state any Medical/Dietary Requirements (Please provide details regarding medication):

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SINGLET SIZE

XS S M L

PAYMENT DETAILS

Total Amount to be paid Member - \$295 Non Member - \$345

Visa Mastercard Cheque Cash

Name of Card Holder:

Card Number:

Expiry Date: / CVW last 3 digits on back of card : Total Amount: \$

Signature: Date:

REGISTRATION FORMS MUST BE SENT TO: PO Box 4112 DC Footscray West Vic 3012
OR PAYMENTS CAN BE MADE AT: Bulldogs Central, Whitten Oval, 417 Barkly St, Footscray West
or Bulldogs Central, Shop 40, Water Gardens Town Centre, Melton Hwy, Taylors Lakes
For more information please call 1300 GO DOGS (46 36 47).

PARENT'S DECLARATION

In the case of an emergency situation arising I hereby authorise staff of the Western Bulldogs to act in a responsible manner and to the best of their judgement. Furthermore, I release the Footscray Football Club program and agree to accept all reasonable costs associated with medical treatment. I understand my child's image both photographic and in video form, may be taken and potentially used for promotional purposes. I also give permission for the Western Bulldogs to distribute promotional material to the above address.

Signature parent/guardian

Printed name.....

TERMS AND CONDITIONS:

There is to be no refunds within a week of start date. Please be advised that there are limited positions for the 2009 Train with the Team Day due to supervision laws.



MAJOR PARTNER