



# AMSF Fitness Camp Registration Form

This registration form should be completed to apply for participation in the Australian Motor Sport Foundation Ltd (AMSF) Fitness Camp.

Applications open on **14<sup>th</sup> April 2010** and close on **13<sup>th</sup> August 2010**.

**Spots are limited and restricted to the first 6 participants who apply and meet the pre-selection criteria.**

All decisions made about participation in the AMSF Fitness Camp are at the sole discretion of the AMSF and no discussions will be entered into.

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(office use only)

## Summary Information About the AMSF Fitness Camp

This course is designed for young Australians aspiring to compete at the highest levels of motor sport, both here in Australia (including at state level) and internationally. The camp will be held at the **Runaway Bay Sports Super Centre**, located at Runaway Bay on the Gold Coast. The venue is located approximately 35 minutes from the Gold Coast airport in Coolangatta (refer to [www.sportssupercentre.com.au](http://www.sportssupercentre.com.au) for further details). The camp will be open to participants who meet a number of broad selection criteria (refer section 2). The camp will take place on the following days and at the following rates:

**AMSF Fitness Camp: 21<sup>st</sup> – 22<sup>nd</sup> August 2010 (2 days), \$1,795 inc GST**

The course will be conducted by highly skilled and experienced trainers (refer to [www.gphumanperformance.com](http://www.gphumanperformance.com)) who have worked in the Formula 1 environment training drivers for a number of years. Note that a ratio of at least one trainer per five participants will be maintained. The course will focus on improving individual physical performance for motor sport competitors and will include, but not be limited to the following topics: VO2 Testing, Physical Testing, Reaction Testing, Physical Training, Recovery, Massage & Injury Prevention, Development of Individual Programs etc (refer to [www.amsf.org.au](http://www.amsf.org.au) for further details). The camp will be highly practical and a personalised program will be developed for each participant for application outside of this course. It will also give participants an opportunity to benchmark their performance against previous elite attendees, including recent CAMS Rising Stars as well as international drivers. At the conclusion of the camp, participants will be provided with a comprehensive performance report, and be in a position to apply the learning from the camp to increase their physical performance for the 2010 season and beyond.

Participants will stay on-site at the RBSSC and will be accompanied by Program personnel at all times throughout the scheduled components of the camp. Participants will receive training apparel upon arrival at the RBSSC. The cost of the camp includes access to training facilities, accommodation (2 nights), training apparel (training tops, training shorts & cap), airport transfers, training materials and all meals. The full fee will be payable 14 days prior to the camp (refer section 3). An invoice will be sent out once the payment has been processed with a camp information pack, which will include a camp itinerary and other relevant information.

## Section 1 – Personal Details

Surname:	<input type="text"/>		
Given names:	<input type="text"/>		
Address:	<input type="text"/>		
	Town/Suburb:	Post Code:	
Telephone:	Home: ( )	Fax: ( )	Mobile:
Email:	<input type="text"/>		
Date of birth:	<input type="text"/> / <input type="text"/> /19		
Gender:	<input type="checkbox"/> Female	<input type="checkbox"/> Male	
Height:	<input type="text"/>		
Weight:	<input type="text"/>		

Please indicate (tick) your preferred clothing size (for production of camp apparel) below:

Small:	<input type="checkbox"/>	Medium:	<input type="checkbox"/>	Large:	<input type="checkbox"/>
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## Office Use Only

Entered by:	<input type="text"/>	Date entered:	<input type="text"/>	Criteria met:	<input type="text"/>	Deposit paid:	<input type="text"/>
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