



## Coach Approach Programs

Choose from a variety of programs below and email us at [info@coachapproach.com.au](mailto:info@coachapproach.com.au) to book.

### STEP 1 - Select Your Program

#### SPORTS EXPOS

**SUPER SPORTS EXPOS** \$12 + GST per participant

**MINI SPORTS EXPOS** \$10 + GST per participant

- Coached by Elite Athletes, Olympic, Commonwealth, International or State level
- Tailor made programs to suit your school
- Students rotate between 3-6 sports

**ELITE COACHES  
INSPIRING  
YOUR STUDENTS**

#### INQUIRY UNITS

**Heathy Body Health Mind** from \$11 + GST per participant

Understand how to have a balanced day. Includes nutrition, yoga, fitness, teamwork & aerobics.

**Less Me More We** from \$10 + GST per participant

Identify the importance of teamwork, focus on communication and trust.

**Student Development Days** from \$15 + GST per participant

Combine Less Me More We, Empowering Dynamics & Strive & Thrive.

#### EDUCATIONAL WORKSHOPS

**You Are What You Eat** \$400 + GST

Educate students on healthy eating, understand food labels & find the right nutritional balance.

**Empowering Dynamics** \$270 + GST

Considers the nature of bullying and how it can be avoided.

**Strive & Thrive** \$490 + GST

Emphasis on goal setting, achievement, effective leadership and motivation.



## Coach Approach Programs

**ELITE COACHES  
INSPIRING  
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### STEP 2 - Select Your Date & Time

- We can fit around your day's schedule and class times.
- We can cater to as many students as you have.

### STEP 3 - Select Your Sports

- Athletics • Aerobics • Taekwondo • Basketball • Netball • Hip Hop • Dance
- Zumba • Baseball • Softball • Hockey • Handball • Touch Football • Lacrosse
- AFL • Circus • Ultimate Frisbee • Teamwork • Soccer • Volleyball • Cricket



### STEP 4 - Contact Coach Approach to make a booking

- For more information or to make an immediate booking please call (03) 9574 7100 or email [libby@coachapproach.com.au](mailto:libby@coachapproach.com.au)



**BOOK TODAY!**

CALL: (03) 9574 7100

EMAIL: [info@coachapproach.com.au](mailto:info@coachapproach.com.au)

VISIT: [www.coachapproach.com.au](http://www.coachapproach.com.au)