

## The AFL Draft Camp Experience

## Booking Form

### Conduct your own AFL Draft Camp

ERA has conducted the AFL Draft Camp in Victoria for the past 5 years and is now offering students an opportunity to participate in an AFL Draft Camp testing session of their own.

Students from Years 7 to 12 will be able to compare their results across a range of fitness components to the most successful AFL recruits.

### Who We Are

Exercise Research Australia (ERA) is a nationally recognised athlete testing facility and services a number of Australian and International sporting groups including:

- Victorian Institute of Sport (VIS)
- AFL Clubs & The AFL Draft Camp
- AIS AFL Academy
- Cricket Australia & Cricket Victoria
- Football Federation Victoria
- Triathlon Victoria (Clubs)

### Student Benefits

Each student will perform a range of fitness tests that are used by AFL clubs to select the most talented rookies each year. On completion of the session, all students will receive their own test report with normative values taken from the previous AFL Draft Camp.

The following tests will be performed by each student:

- Body Composition – Height & Weight
- Power - Standing Vertical Jump
- Power - Running Vertical Jump
- Speed - 20 m Sprint Test
- Agility - AFL Specific Test
- Aerobic Power – 20 m Shuttle Run

### Booking Details



**Duration:** 1.5 hours

**Location:** Subject to court availability

**Cost:** \$350.00 (incl. GST)

**Group No.:** Max. 25 students

### ERA Booking Form

Please complete the form below with your booking requirements and return to ERA via post, fax, or email.

**School Name:** \_\_\_\_\_

**Teacher Name:** \_\_\_\_\_

**Contact Email:** \_\_\_\_\_

**Mobile Number:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**Office Number:** \_\_\_\_\_

Date	Start Time	Venue	Student No.	Cost
E.g. 26/9/10	9:00 am	MSAC	25	\$350.00
			<b>Total Cost</b>	

**Exercise Research Australia Pty Ltd**

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**TERMS AND CONDITIONS** \*Please acknowledge acceptance of the following Terms and Conditions **prior** to returning your registration.

I \_\_\_\_\_ (Name) understand and accept the following terms and conditions: Cancellation within 1-6 months of the set date will incur a \$100.00 non-refundable administration fee. Cancellation within 2 weeks of the set date will result in 50% of the booking fee being forfeited.

Signed by:

Date:

**Office Use:**

Confirmation Sent: Y

Date:

Staff ID:

Invoice No.: