



# FIELD TESTING SESSION

Booking Form

Please enter your contact details below and return to ERA by **mail or fax (03) 9480 1855**.

**Coach Name:** \_\_\_\_\_ **Team/Club:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Mobile No.:** \_\_\_\_\_

**Test Session:** Design your own test session by selecting up to six tests from any of the categories listed below (except: Fatigue & Recovery). Place an 'X' in the box next to the tests to indicate your preferences.

**Body Composition:**

- Height & Body Mass
- Skinfolds (Sum of 7)

**Speed:**

- Sprint Testing (20 m, 30 m, 40 m)
- Repeat Speed Ability (RSA) (e.g. 20 m, 120 m)

**Lower Body Power:**

- Double Leg Vertical Jump
- Single Leg Vertical Jump
- Running Vertical Jump

**Agility:**

- AFL Agility Run
- Modified Illinois
- 505
- Other: \_\_\_\_\_

**Fatigue & Recovery\*:**

- Lactate Testing
- Hydration Testing

Note: \*Additional cost

**Flexibility:**

- Sit and Reach
- Hamstring, Calf, Hip Flexor

**Aerobic Power:**

- Multi-Stage Fitness Test (Beep Test)
- Yo-Yo Intermittent Recovery Test

**Other Tests: (e.g. strength testing)**

- \_\_\_\_\_
- \_\_\_\_\_

**Booking Details:**

| Date              | Start Time | Venue/Address                     | Athlete No. | Cost     |
|-------------------|------------|-----------------------------------|-------------|----------|
| E.g. 26/5/10      | 9:00 am    | MSAC/ Albert Park Dr, Albert Park | 25          | \$550.00 |
|                   |            |                                   |             |          |
|                   |            |                                   |             |          |
|                   |            |                                   |             |          |
| <b>Total Cost</b> |            |                                   | <b>\$</b>   |          |

**Session Cost:**

|                  |                       |
|------------------|-----------------------|
| 15 – 30 athletes | \$ 550.00 (incl. GST) |
| 31 – 50 athletes | \$ 700.00 (incl. GST) |
| > 50 athletes*   | Quote upon request    |

**Payment Details:** Payment is required in full one week prior to the session. Please make payments to Exercise Research Australia via cheque/money order or direct debit:

**Exercise Research Australia Pty Ltd**  
PO BOX 212  
Fairfield VIC 3078

**Direct Debit:**  
A/C Name: Exercise Research Australia  
BSB#: 083 004  
A/C#: 555 530 128

For further information please contact us on **(03) 9480 1800** or visit [www.exerciseresearch.com.au](http://www.exerciseresearch.com.au).

**TERMS & CONDITIONS:**

**Venue Booking:** Clubs are responsible for all venue bookings. The ERA testing team will travel to your venue if located within 20 km of CBD (costs apply outside this distance).

**Session Duration:** Approx. 2 hours depending on test numbers to be confirmed at the time of booking.

**Set-up & Pack-up Time:** Please ensure we have access to the venue 45 min prior and 15 min after the session.

|   |                   |             |                    |
|---|-------------------|-------------|--------------------|
| <b>Office Use Only:</b> Staff ID: _____ | Conf. Sent: Y / N | Date: _____ | Invoice No.: _____ |
|---|-------------------|-------------|--------------------|