

SCHOOLS TRAINING CLINIC

Brought to you by
ELANA MEYER



Endurocad

&

SA CAN RUN

Invite you to attend a

**Schools Training Clinic
- Stellenbosch -**

9-11 DECEMBER 2014

TUES 9TH - THURS 11TH DECEMBER 2014

“SA can RUN” is calling upon all young South Africans, who feel that they have talent and would like to train with Champions to attend the Clinic
To book your spot: e-mail: [running @endurocad.co.za](mailto:running@endurocad.co.za)



GETTING SOUTH AFRICA READY FOR RIO
Elana Meyer - Committed to excellence

www.endurocad.co.za

ENDUROCAD SCHOOL'S TRAINING CLINIC brought to you by ELANA MEYER

Especially for young middle to long distance runners

If you feel that you have talent, or want to improve on your times join SACANRUN from 9th December to the 11th December 2014.

WHERE :	Stellenbosch Academy of Sport (Stellenbosch), 1 Krige Street, Stellenbosch	
TIMES:	Tuesday 9 th December	2pm – 5pm (lunch not included)
	Wednesday 10 th December	1pm – 5pm (lunch included)
	Thursday 11 th December	9am – 5pm (lunch and snacks included)
	OPTIONAL: Saturday 13 th December	8am 5km time-trial @ Root44 Parkrun

A Motivational Presentation is included in the program on Wednesday 10th December @5.30pm -7.00pm (Elana Meyer shares some insights on running, her co-presenter Ernie Gruhn (ENDUROCAD's head coach) shares his thoughts on endurance coaching for teenagers. Parents and coaches are welcome to attend)

The ENDUROCAD 4 day Schools Clinic will focus on the following;

- Improve your technical skills
- Expose you to the latest scientific training methods
- Provide expert coaching and instruction
- Provide guest speakers / workshops on current topics including weight training and conditioning; Endurance & Nutrition; Proper attire/shoes for training; Me as an enterprise and Drug Free Sport

Expert Coaching and Advice will be provided by Endurocad's Head Coach (Ernie Gruhn), Endurocad Coaches: Jacques van Rensburg (Head Men's Track and Field) & Elana Meyer (Head Women's Track and Field/Cross Country Coach) and a panel of external experts.

Typical schedule of events for each day:

Athletes arrive for days clinic
Sports Session 1 (@ Stellenbosch University Track)
Mid-morning break (Refreshments will be served) at Stellenbosch Academy of Sport
Skills training (@Stellenbosch Academy of Sport Lecture Theatre)
Lunch at Stellenbosch Academy of Sport
Skills training (@Stellenbosch Academy of Sport's Gym)
Sports Session 2 (@ Grass fields)
Close

General Information

Age: Suitable for 13-18 year olds (high school)

Check-in: Register Tuesday 9th December @ 14h00 SHARP at Stellenbosch Academy of Sports, 1 Krige Street, Stellenbosch.

Food and drinks: mid-morning snack and refreshments along with lunch and refreshments are included in the fee (where applicable)

What to bring to the Clinic: Training gear and workout attire will be needed. We discourage you from bringing any valuables to the clinic. Endurocad is not responsible for lost or stolen articles.

Costs: Fees are set at R1000 – this includes a free refreshments, full clinic (2 x half days and 1 x full day), motivational session on the Wednesday evening – presented to you by Elana Meyer, an optional time trial on the Saturday Morning at Root 44 is also recommended.

Cancellations: Your fee less the 20% non-refundable / non-transferable deposit will be refunded to you if you cancel (in writing) by 28th November 2014.

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PERSONAL REGISTRATION FORM

ENDUROCAD SACANRUN Schools Training Clinic

Email your completed form together with confirmation of payment to running@endurocad.co.za or FAX through to 0866709025. For more information visit our website: www.endurocad.co.za

PAYMENT METHOD: Please make full EFT transfer to; Studio Thyme (Pty) Ltd, Savings Account
ABSA Bank account : 92-6276-8564, Branch code : 632005

Payment for: (Tick correct box):

ENDUROCAD Schools Training Clinic @ R1000

Extra persons Elana Meyer Motivational Presentation

Names of extra persons attending Wednesday evening presentation: _____

PERSONAL INFORMATION OF ATHLETE ATTENDING CLINIC

First name: _____

Surname: _____

Gender: (Tick correct box): Male Female _____

Date of Birth (yyyy/mm/dd): _____ / _____ / _____

Home Language: _____

Physical Address: _____

Postal Code: _____

Postal Address: _____

Postal Code: _____

Parents Email: _____

Parents Mobile Number: _____

EDUCATION

Grade: _____ School: _____

MEDICAL

Special medical conditions or medication? Yes No _____ If yes please specify: _____

Medical Aid? Yes No Name: _____

Medical Aid No: _____

In case of emergency contact persons & tel-numbers: _____

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WAIVER, INDEMNITY AND CONSENT

- I _____ (name of parent / Guardian) as Parent or Guardian of _____ (name of athlete) hereby give consent for him / her to attend ENDUROCAD's Schools Training Clinic.
- I acknowledge that by entering my child in the ENDUROCAD SA CAN RUN's Schools training clinic , I do so solely of my own choice and at my own risk.
- I waive, renounce and reject all claims, losses, damages or harms of whatever nature and howsoever arising irrespective of the cause thereof (Including any act of commission or omission whether negligent or not) that I or my estate or dependents may have against Endurocad and its associated partners, sponsors and other persons or entities involved with Endurocad including all of their employees, agents or contractors and other participants in the training clinic, all of which are exempted from all claims, loss, damage or harm as aforesaid and are referred to herein as exempted persons.
- In addition I hereby indemnify and hold harmless Endurocad as well as all of the exempted persons from any claim, loss, damage or harm as aforesaid.
- I understand that under certain conditions emergency medical treatment may be required for my child during the hours he / she is in attendance at ENDUROCAD Schools training clinic. If emergency treatment should be required for my child, and in the event that I cannot be reached, I hereby give my consent to ENDUROCAD to secure emergency medical treatment as necessary.
- I grant my permission to Endurocad to use my name, and any photographs or videos in which I may appear, in respect of or appertaining to my participation or involvement in the Endurocad Schools Training Clinic for whatever use for no charge or other consideration.

Parent or Guardian Signature

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ENDUROCAD WOULD LIKE TO THANK ITS FOUNDING PARTNER AND AFFILIATE PARTNERS

Out of the Ordinary®



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Limited



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South African Institute for
Drug-Free Sport



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