



**NEW** 9-week  
Total Development Program  
For all aspiring athletes!



## **TD is something different; something more....**

**The program:** The Total development program focuses on the importance of the healthy body/healthy mind connection & includes the individual body development & intensive skill development needed to excel in your chosen sport. Through our professional coaches you'll learn the life & leadership skills you need to succeed in sport AND in life!

### **What's included?**

- ✓ Intensive skill development
- ✓ Body development; strength and conditioning, stretching, explosiveness
- ✓ Taking care of your body; Guest Speakers
- ✓ Sport mental development workshops; Guest Speakers
- ✓ TD will engage young athletes twice a week with an additional day for U12 players.

**Coaches:** Vern Robateau & Dr Shaka Hatcher

**Venue:** Maroochydore Basketball Stadium

**Date:** 29 May 2017

**Time:** Mondays: 6.15pm – 7.30pm  
Thursdays: 4.30pm – 6pm

**Contact:** Vern Robateau: [vernrobateau@live.com.au](mailto:vernrobateau@live.com.au)

**Sign Up:** See Wendy or Talia at Maroochydore Basketball Stadium [adm.suncoastclippers@gmail.com](mailto:adm.suncoastclippers@gmail.com)

**Cost:** \$40 per week. **10% discount for multi-player families**

## **9 Weeks to the best version of YOU!**