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About SportingFit Australia

Please use the following links to learn more about SportingFit Australia from our website.

About Us

Learn about the types of fitness and coaching programs we run.

Philosophy

At SportingFit Australia we believe exercise should be fun, learn more about our philosophy here.

Membership

Learn about Sporting FC and download a membership application form.

Contact Us

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**Welcome to SportingNews**

Welcome to the September edition of SportingNews, the newsletter of SportingFit Australia. SportingFit Australia provides a range of soccer coaching and fitness services for both adults and children, of all abilities and fitness levels.

In this issue we give a brief overview of the services we offer and details of some special offers for September.

Soccer Coaching

We offer year round, fun, professional coaching for:

- all ages from 6 to 60
- all abilities from beginners to elite level
- groups, teams and 1 on 1



We currently have the following weekly coaching sessions running:

U7-9	Tuesday	4:00 - 5:00	Kitchener Park
U10-13	Wednesday	4:15 - 5:15	Boondah Reserve

We only need 4 participants to start a new program. If your child is unable to make one of the listed sessions please still call us and we will endeavour to place your child in a program.

Alternatively you can organise your own group of friends or team mates. We offer great discounts to groups and teams. Please call to discuss.

Football coaching can be arranged for individuals, small groups or whole teams.

All programs are designed and run by FA licensed coaches.

To book a **FREE** session or for more information please call 0433 821811 or [click here](#).

School Holiday Programs

We have received some excellent feedback about our July School Holiday Soccer Program. All the children said they thoroughly enjoyed themselves and learnt some new skills. We had one child claiming it was "better than the Manly United Soccer Camp" and another said that it was "as good as the CSIRO science day" High praise indeed!

**October Holiday Program**

To offer the children some variety after a long football season, our October School Holiday program will be **multi-sport**. The program will run for 4 mornings (Tues 06/10/09 - Friday 09/10/09) at Boondah Reserve. If there is enough interest we will also offer full day and or afternoon sessions. Each session will be like a mini Olympics. Although there will be some competition the emphasis will be on enjoyment rather than winning.

Early bird pricing available for bookings received in September.

For bookings or for more information please call 0433 821811 or [click here](#).

Birthday Parties

Why not have a soccer party for your child's birthday? All kids will have a 'ball' with our fun soccer games run by a qualified, professional coach. Our action packed parties are a healthy alternative for a great birthday. We have a vast range of specially designed fun games and activities that will keep the children fully entertained and provide them with many treasured memories. Please give us a call for our very competitive rates.

Mention this newsletter and receive a 10% discount for bookings made in September.

For bookings or for more information please call 0433 821811 or [click here](#).

Fun Fitness For Adults and Families

Fitness Football is a fun way to get fit. The program is based on fun football coaching games and is a great way to build up your fitness levels and have fun at the same time.

Fitness Football is the ideal fitness program for those who want to get started on the road to improved fitness and health. The sessions are fun, social occasions, where your fitness workout merges with a chance to catch up with friends for a chat.

You don't need to be a football player to enjoy Fitness Football. The fact that you may end up being the best player at the next family kick around is just a bonus!

We currently have the following programs running:

Tuesday	10:00-11:00	Winnererremy Reserve, Mona Vale
Wednesday	19:00-20:00	Newport Park, Newport
Thursday	10:00-11:00	Winnererremy Reserve, Mona Vale

We only need FOUR participants to get a program started so if you can get a small group of friends or family together we will run a program at a time and location that suits you. Alternatively you can let us know the time and location that suits you and we will try to team you up with other interested participants. Please contact us to register your interest in joining a program.

To book a **FREE** session or for more information please call 0433 821811 or [click here](#).

Sports Fitness

SportingFit Australia's SportsFit programs are based on the latest sports conditioning methods used in elite sport. We have taken the best exercises and drills from the world's leading experts in sports fitness and combined them in a unique program to provide you with a great all round sports conditioning program.

To book a **FREE** session or for more information please call 0433 821811 or [click here](#).

September Specials

Book a place on our October School Holiday program in the month of September and receive '**Early Bird Pricing**'. Please [click here](#) for details.



Book a Soccer Birthday Party to take place before the end of 2009 in September and mention this newsletter to receive **10% OFF** our normal highly competitive rates.



We are sure you will want to join a SportingFit Australia program once you have tried it so we are happy to offer all non-members a **FREE** trial session. Available all year round.

If you feel you have received this newsletter by mistake or you do not wish to receive further editions please tell whoever forwarded you this edition.