

REGISTRATION FORM

Please reserve _____ places at £130 per delegate or early bird rate £105.

Total £ _____

Course date (1st choice) ___/___/___

Course date (2nd choice) ___/___/___

Delegate Name(s) _____

Qualifications: _____

I enclose a cheque for £ _____
made payable to "Synergiselect Ltd"
(Charge cards not accepted at present).

PLEASE PRINT CLEARLY TO AVOID ANY MISTAKES

Name: _____

Address: _____

Post Code _____

Telephone: _____

Email: _____

On receipt of your payment and completed registration form, confirmation will be sent to you along with venue details.

RETURN ADDRESS:

Synergiselect Coaching and Training Ltd,
P.O. Box 1862, Amesbury, SALISBURY, SP4 7WA

Tel/Fax: 01980 595 502

E: info@synergiselect.com

Feedback from Instructors on the ground

"Almost immediately after qualifying I started running classes of 20 people male and female with non-soccer backgrounds. In addition to teaching adults I now also run classes for young children on a regular basis, summer camps especially popular. After 3 years of successfully running these classes I can definitely recommend the course to any instructor seeking to earn some additional income from a very popular class".

Kevin Connelly, YMCA Fitness Instructor, Scotland

"I have used both the Soccerworkout class format and Kwik Kik speedball as a stand-alone rehabilitation device within my scope as a practising Chartered Physiotherapist and found both to be very useful methods for assisting the rehabilitation of injured footballers".

Alistair MacFie, Senior Chartered Physiotherapist, The National Stadium, Sports Centre, Hampden Park, Scotland

"The Soccerworkout class has proved to be a huge success within the borough council, appealing to both young, old, male, female and different ability levels".

Stanley Madiri, Schools Sports co-ordinator Luton Borough Council

Post Course Feedback

"Without a doubt a must for football coaches / trainers to attend & a great addition to any fitness professionals instructing portfolio".

Dean May, Professional UEFA 'A' Licence Football Coach & Fitness Trainer, London

"The course was well organised and the delivery was very professional. The instructors were very helpful and encouraging".

Olive White, Personal Trainer, London

"Playing Soccer is a great way to assist in getting into shape and burning calories, at last something has been packaged together that anybody can do, and you don't need to be a footballer, a great course".

Sarah Booth BSc, Northern Ireland Ladies Football Team Captain, Belfast.

"I found the tutors very approachable and very helpful. A brilliant training course, where are my boots?"

Margaret McConnell, Freelance Instructor, Northern Ireland

"For a non-footballer, I feel confident enough to take a Soccerworkout' class. This is a class that will capture the imagination of the participants, good fun – great workout"

Kenny Pattison, Fitness Professional, Durham

"A very worthwhile course for any fitness instructor looking to add not only a valuable qualification to their CV, but also one which can generate some income with the appropriate amount of effort".

Ewan Peacock, BEd, Physical Education, Sports & Recreational Lecturer, Dundee College

Soccerworkout is a registered name and trademark of Synergiselect Coaching and Training Ltd.



One day instructor training course



www.soccerworkout.co.uk

Thank you for your enquiry regarding the Soccerworkout™ 1-day Instructor Training Courses.

Introduction:

Soccerworkout™ is a circuit class based upon the movement patterns and physical demands made upon the body during a game of football. The class is effectively a game without the need for ball skill or physical contact which, makes it a safe and effective form of exercise suitable for all ages and levels of ability.

The Soccerworkout™ class is a unique & fun way of combining cardio-vascular training with sports specific movements. You need look no further than the professional football leagues to appreciate the value and benefits of this related form of exercise.

About the course:

The course has been designed to enable fitness professionals / coaches to be able to deliver this new form of circuit training based on the movement patterns of professional footballer's. Safety, coaching and the ability to make your classes fun, form the basis of the course.

Our tutors are highly qualified & experienced football and fitness professionals, who will ensure that you receive excellent information, guidance and encouragement all delivered with a good sense of humour.

All delegates are assessed on the day of the course. Delegates that do not meet with the required standard will be invited back FREE OF CHARGE. Assessment sheets are given to all candidates enabling those who re-attend to note their weakness and reach their full potential.

Course venue: Tidworth Leisure Centre, Nadder Road, Tidworth, (Nr Andover) Hampshire.

Mobile Tutor Unit: A mobile unit will come to your venue and train staff. A minimum of 12 people are required for the mobile tutor unit.

FREQUENTLY ASKED QUESTIONS

Q. Is the course recognised by a governing body?

A. Yes the Aerobic & Fitness Organisation of Great Britain and it is also underwritten by Norwich Union Insurance.

Q. Do I need to be a footballer to attend the course?

A. No, when instructing a class you are instructing on specific patterns of movement not on a persons playing ability.

Q. Do I need a fitness qualification to attend the course?

A. No, but it is recommended for your own personal insurance purposes.

Q. Can women attend the class?

A. Yes. Soccer has now replaced netball as the most popular female sport in England according to figures released by the Football Association. And by 2010, Fifa predicts that there will be as many women playing as men.

Q. Where can classes be held?

A. Classes can be held in sports centres, fitness studios or outdoors. Class variations are demonstrated on the course.

Q. What equipment is required?

A. Basic standard light weight circuit equipment e.g. mats, cones and dumbbells. Specialist equipment like the Kwik Kik Speed ball which is effectively a "punch bag for the feet", can be purchased at a cost of £29.95 + P&P, this is the most expensive circuit item required.



Q. How many people in a class?

A. For safety reasons we would recommend no more than 20 people per instructor.

Q. How long to set up the circuit?

A. Under 10 minutes & LESS to clear away!.

COURSE AIMS:

To give each delegate effective underpinning theoretical and practical skills to be able to safely teach a Soccerworkout™ circuit class to either novice fitness enthusiasts or Pro/Semi Pro footballer's.

COURSE CONTENT:

(T) = Theory / (P) = Practical.

- Minimising the risk of common football injuries through sports specific training (T)
- Demonstration class (P)
- Class structure (T/P)
- Kwik Kik Speed ball workout routines & varied class routines (P)
- Football specific drills (P)
- Assessment preparation (P/T)
- Assessment (P)
- Health & Safety (T)
- Marketing & Advertising (T)

YOUR CERTIFICATION:

All successful candidates will receive on completion of the course:

- Soccerworkout™ Course Certification
- Full colour circuit cards (provided on CD)
- Colour promotional flyers (provided on CD)
- Course notes (provided on CD)
- Soccerworkout workout music CD

COURSE TIMINGS & FEE:

9.00am – 5.00pm / Fee £130 per delegate
early bird rate £105