

To whom it may concern,

***Give your players a head start on fitness with off-season training.***

Off-season fitness is one of the most important factors in improving your club's performance the following season. As you are probably aware, one of the most difficult tasks facing a club coach is to get players motivated enough to train over summer or winter.

The perfect solution is to get them into a structured off-season training program, tailored to their abilities. Keilor St Bernard's Athletics Club offers year-round training and racing programs, meaning your members can enter their new season fully fit. We warmly welcome male and female members of all ages - from all local sports clubs - from U14s up to over 60s.

***Varied training and competition to maintain enthusiasm.***

To hit the ground running, off-season conditioning is vital. But it's unrealistic to simply tell your players to try and fit in a few runs on their own. It often doesn't happen.

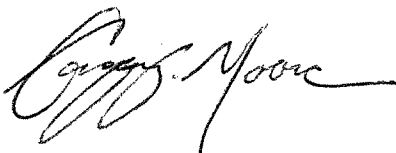
Being part of an athletics program offers variety in training, along with camaraderie and the encouragement of like-minded fitness seekers. Affiliated with Athletics Victoria's official summer and winter competitions, Keilor St Bernard's Athletics Club offers:

- Training and competition tailored to a broad range of abilities and ages at our two convenient locations in West Essendon and Keilor Park.
- Coaching to increase speed and endurance.
- Summer track and field competitions including jumping and throwing events for all-round body strength
- Winter events on both road and cross-country venues including the iconic Sandown motor racing circuit, picturesque Victorian country courses such as Lake Wendouree and many others
- Generous family concessions on what is already a low-cost sport.

Joining Keilor St Bernard's is easy and inexpensive. Your members are cordially invited to attend complimentary training sessions before joining. So why not come down and join us?

Simply call our registrar Greg Bain on 0408 578 005 for more information or to sign up.

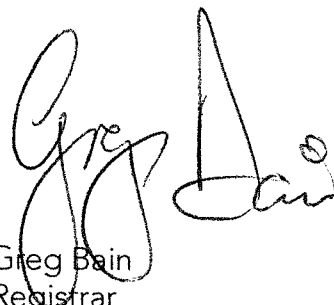
Best wishes



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