

# TAYLOR ATHLETE DEVELOPMENT

FAST - FURIOUS - EFFICIENT

<b>Athlete:</b>			
<b>Email:</b>			
<b>Mobile:</b>		<b>DoB:</b>	
<b>Parents:</b>	<b>1.</b>	<b>2.</b>	
<b>Address:</b>			
<b>Email:</b>			
<b>Mobile:</b>			
<b>Work:</b>			
<b>Home:</b>			
<b>MEDICAL CONDITIONS</b>			
<b>SPORTS/INTERESTS</b>			
<b>LONG TERM GOAL</b>			
<b>SEASONS GOAL</b>			

EVENTS	BEST PERFORMANCES	PERSONAL TARGETS

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## INFORMATION

<b>COACH BIO</b>	<b>ALAN TAYLOR - IAAF level 2 Coach</b>
Athlete 1988-2006	Multiple medals Colgate games 1 <sup>ST</sup> U16 Interprovincial 1994 nzssaa 800m bronze Multiple medals U18-U20 Senior Nationals 2005 NZ Champion 400mh
<b>MANTRA</b>	<b>'good for 12 not at 12'</b> this is a line to describe how I coach. My goal with any young athlete, is to help learn the skills of training for one event with another eye on the future. A life lesson.
<b>COSTS</b>	\$80 per season (June to Easter) online banking 38-9016-0693383-02. This cost is to help to maintain equipment and future coaching courses.
<b>COACHING</b>	<ul style="list-style-type: none"><li>- I offer a comprehensive programme relevant to the athlete's chosen event that is aimed to fit into life not take over life.</li><li>- I offer at least 2 technical sessions per week over the winter months including strength sessions as well as lone sessions to fit the event.</li><li>- I run 2 tiers of training. <b>TEAM TAYLOR</b> is my group where athletics is their chosen sport and the athlete is competing at a high level. I expect these athletes to be competing regularly. I will only hold 8 places for this. <b>DEVELOPMENT GROUP:</b> This group is usually under 14, new, or learning the sport, athletics is a secondary sport. I'll loosely max at 12 places</li></ul>
<b>COMMUNICATION</b>	All communications will be via parent/caregiver unless permission is given to communicate with the athlete. I run a closed group Facebook page where I (with consent) will post videos of trainings to view and review.
<b>HEALTH AND SAFETY</b>	I am a level 2 first aider. Your child's safety is paramount, however <b>TAYLOR ATHLETE DEVELOPMENT</b> will not be liable for accidents during training, though I am willing to be a part of the recovery.

By signing below I agree to the conditions above and that **TAYLOR ATHLETE DEVELOPMENT** is your primary coach.

<b>ATHLETE:</b>	Date
<b>PARENT:</b>	Date
<b>COACH:</b>	Date