



## DESIGNATED JUNIOR AND SENIOR TRAINING SESSIONS AND GENERAL TRAINING OPERATIONS

Address: 60 Charters Towers Road,  
Hermit Park Qld 4812  
Postal Address: PO Box 185  
Castletown Qld 4812  
Phone: 0448 856 447 (President)  
Email: brendan.gaeta@cosu.com.au

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### BUY YOUR HOURS (JUNIOR TRAINING PROGRAMS)

#### Junior Training Sessions

The current mini junior training sessions each week are as follows:

- |            |                      |                  |
|------------|----------------------|------------------|
| • Thursday | Mini Junior Training | 3:30 to 4:30 pm  |
| • Saturday | Mini Junior Training | 9:00 to 10:00 am |

The current junior training sessions each week are as follows:

- |             |                 |                     |
|-------------|-----------------|---------------------|
| • Monday    | Junior Training | 4:00 to 6:00 pm     |
| • Tuesday   | Junior Training | 4:00 to 6:00 pm     |
| • Wednesday | Junior Training | 4:00 to 6:00 pm     |
| • Thursday  | Junior Training | 4:00 to 6:00 pm     |
| • Friday    | Junior Training | 4:00 to 6:00 pm     |
| • Saturday  | Junior Fixtures | 10:00 am to 1:00 pm |

#### Specialised Junior Training Sessions

We also operate specialised training sessions. The specialised training sessions each week are as follows:

- |             |                      |                     |
|-------------|----------------------|---------------------|
| • Monday    | Specialised Training | 6:15 to 7:15 pm     |
| • Tuesday   | Specialised Training | 6:15 to 7:15 00 pm  |
| • Wednesday | Specialised Training | 6:15 to 6:45 pm     |
| • Friday    | Specialised Training | 6:15 to 7:15 pm     |
| • Saturday  | Specialised Training | 10:00 am to 1:00 pm |

The specialised training sessions are for junior players who have progressed to a level in which they require a higher level of specialised coaching, as well as higher intensity of training. Attendance is by invitation and discussion with our head coach only.

Unlike the general training sessions which incorporate warm-ups and warm-downs, junior players who attend a specialised training session are expected to warm-up and warm-down themselves. The specialised training session is a high intensity session of multi-ball training with all balls being fed by the head coach (or other high-performance coach on a Saturday). There will be 2 or 3 junior players in each specialised training session (preferably 3). The feeding of balls will be continuous for the full specialised training session duration.

#### Attending Training Sessions

Junior players may attend as many training sessions as they would like. There is no minimum or maximum amount of training sessions that a junior player must attend each week.

We operate under a buy-your-hours arrangement. Each junior member will have an account in our system. Each time a junior member attends a training session the duration of that training session is deducted from their hours i.e.; a running balance is maintained. There are several benefits to this arrangement. This includes only paying for sessions that a junior player attends, rather than a fixed fee for a school term or other similar arrangement. This system is also easy to maintain.

You may purchase as little or many hours as you may like, depending on how many hours you believe the junior player/s may use. The cost per hour of training purchased is as follows:

- 200 hours (or more) \$4.50 per hour
- 100 hours \$5.50 per hour
- 50 hours \$6.50 per hour
- 20 hours \$7.50 per hour
- 10 hours \$8.50 per hour

You may group siblings into the same purchase of hours. The hours cannot be used for tournaments or training camps conducted.

All hours will expire 12 months after inactivity of the member in the club. There are no refunds of hours purchased. You must be a member of the Association to purchase hours.

### **BUY YOUR HOURS (SENIOR TRAINING PROGRAMS)**

The current senior training sessions each week are as follows:

- Tuesday Open Training Session (self-training) 1:00 to 3:00 pm
- Thursday Senior Training (seniors & social seniors) 6:30 to 8:00 pm
- Saturday Women's Training 1:00 to 2:30 pm

Senior training programs operate under the same buy-your-hours arrangement. The costs are the same as that specified above for the junior training programs.

There is an additional option for senior training sessions in that you may also elect to pay per session. If you elect to pay per session then the cost per training session is \$7 for the Tuesday open training sessions, and \$10 for the Thursday senior training session and Saturday's women's training session. The same rules and procedures as that specified for junior training sessions above otherwise apply.

### **PURCHASING HOURS**

To purchase hours, you will need to speak with our club coach, Olav Dahl or a committee member. You may pay for the hours by cash, credit card, or request that a tax invoice be emailed to you.

### **PRIVATE COACHING**

Private coaching can be conducted by Olav or one of the designated assistant coaches. To discuss private coaching arrangements and costs you may speak to Olav.

### **CASUAL HIT**

You may attend our hall at any time that our hall is open during the week for a casual hit or general training (except during social seniors and senior fixtures).

The cost for a casual hit or general training is now as follows:

- Members \$10 for 1.5 hours
- Non-Members \$15 for 1 hour.

The person who books the table is responsible for payment of the fees.

To secure a table you should book the table with Olav. Booking of tables is on a first-in-best-dressed basis. If you do not book a table, then you risk that there may or may not be a table available at any given time.