



Core Camp® 4 KIDS Coach Workshop



Do you want to work with Kids?? Then this course is for you. Inspire is leading the change-we are at the coal face reducing Kids obesity.

Learn at least **20 NEW core conditioning** exercises using the Bosu, Slingshot, Ballast Ball, Hurdles, and various ball skills for Adults as well as Kids and see why Core Camp® 4 KIDS is the ultimate core team program that builds better athleticism in kids in multiple sports as well as get an opportunity to do the "**CORE CAMP COACH CHALLENGE**" and see how you measure up with the best of the rest.

The Core Camp® 4 KIDS training covers everything from understanding the safe technique in the program, how to enhance kids movement and multi-sport skill through FUN and FRIENDSHIPS, the COMMUNICATION of COACHING in dealing with Kids through to MARKETING MAGIC and of course, to service Kids with a results driven program that will create friends for LIFE. You will see how to impact kids sport development immediately and provides you with the opportunity to get kids more active in schools and with a cutting edge program.

Great for sport coaches, personal trainers, group fitness instructors, Phys Ed teachers, and coaches of kids teams. It is a Fitness Australia Approved program and an Australian Government approved schools program.

Don't miss this great opportunity to join the Ultimate KIDS core conditioning program and business!



Workshop Details

DATE: Sat 24th March 2012

LOCATION: Inspire PT Studio, Ashgrove, QLD

TIME: 8:30am – 4:00pm

INVESTMENT:
\$149.00 (Early Bird)
\$199.00

FITNESS AUSTRALIA

APPROVED FOR 7 CEC's

PRESENTER



Joe Waide is the Networks Australian Personal Trainer of the Year 2004 and the Queensland Fitness Professional of the Year 2004, 2005 and 2009 and is the Queensland selected Australian Fitness Network Ambassador. Joe has been involved in the fitness industry for the past 18 years. He works or has worked as a personal trainer, corporate trainer, group fitness presenter, and is the Core Camp® 4 KIDS developer in Australia, he has also trained over 2000 instructors and personal trainers through Australia,