



**Gymnastics Australia**  
Sport Aerobics

National Championships  
Workshop

# “How to Train Skills”

Presented by Trudi Nurse



Date: Saturday 30<sup>th</sup> September  
Venue: State Sports Centre Warm up Hall  
Time: 9am -11am      Cost: \$5

Athletes & Coaches welcome to attend

Entry form available from the Gymnastics Australia Website  
[www.gymnastics.org.au](http://www.gymnastics.org.au)



**Gymnastics Australia**  
Sport Aerobics

# **National Championships Workshop**

## **'How to Train Skills' presented by Trudi Nurse**

### **30<sup>th</sup> September 2006**

#### **WORKSHOP REGISTRATION FORM**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Post Code: \_\_\_\_\_

Contact Numbers: \_\_\_\_\_ (H) \_\_\_\_\_ (W) \_\_\_\_\_ (M)

Email: \_\_\_\_\_

Club / School: \_\_\_\_\_

#### **PAYMENT OPTION:**

Please find enclosed payment for the Sports Aerobics National Workshop:

Cheque (made payable to Gymnastics Australia)

Money Order

Credit Card (please circle):    BANK CARD    MASTERCARD    VISA

#### **CREDIT CARD DETAILS**

Name of Card Holder: \_\_\_\_\_

Card No.: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_    Exp. Date: \_\_\_\_ / \_\_\_\_

Card Holders Signature: \_\_\_\_\_    Date: \_\_\_\_ / \_\_\_\_ /2006

**Return to:**  
**Gymnastics Australia**  
**607 Canterbury Road**  
**Surrey Hills VIC 3127**  
**Ph: 03 9830 4588**  
**Fax: 03 9830 4788**

**Registrations Close: 18<sup>th</sup> September 2006**