



Acceleration®
ENHANCING SPORTS PERFORMANCE

Free Testing Day – 11th August, 2010

Make the most out of your **EKKA Show Day Public Holiday** and attend Acceleration Brisbane Central's second free testing for 2010. Why go to the EKKA and either spend too much money or catch one of the many viruses floating around the showgrounds?

Your session will involve measuring basic anthropometric data and then you can choose from a field of testing options. You can choose to either:

1. Test your basic **Power** parameters – Speed, Agility, Vertical Jump & Overhead Throw
2. Test your basic **Strength** parameters – 1RM Bench Press/Squat tests
3. Test your basic **Aerobic/Anaerobic Conditioning** parameters – Beep Test/ Yo-Yo Test
4. Test your basic **Flexibility/Stability** parameters.

Organise your team or come in as an individual and select what battery of tests you would like to perform. Our coaches will also be able to lend advice on performance training, nutrition and other factors that you as an athlete or coach may have as a result of the testing protocol.

Information Checklist:

What? FREE Athletic Testing Day

When? 11th August, 2010 – 9am-2pm (hourly)

Where? Vince Hickey Basketball Stadium –
16 Dixon St, Auchenflower

Who? The testing will be performed by the highly qualified and experienced Acceleration Brisbane Central coaches who boast over 40 years experience in the Sports & Exercise Science Industry

Why? Individual Athlete: The testing will allow you as an individual to understand your athletic strengths and weaknesses and have the opportunity to be given advice on how to improve your weaknesses and utilise your strengths to the best of your ability.

Coach: The testing day will allow you to **analyse** the success of your training, allow you to **plan** for the future and allow you to **learn** about how to deal with and train specific areas of strength and conditioning to ensure you are able to utilise your player's abilities to their maximum.

How to register? Email Performance Manager, Simon Poole at simon@accelerationesp.com or contact us on (07) 3859 6000. You must register your name and testing battery you would like to perform by the 4th August, 2010.

