



This year, Hoys Allied Health and Wellness are offering an exciting opportunity targeted at both young and mature aged athletes on the Coffs Coast. The Hoys Athlete Sponsorship is an opportunity for dedicated and aspiring athletes to improve their training, and maximise performance through exercise and nutrition.

Teaching healthy training habits and working on preventative health and strength training, tailored to the individual, is so important in keeping athletes of all ages in a positive mindset, and performing at their best. In addition to the physical elements of improved performance, we will ensure that nutritional needs are being taken care of, and we will work with our sponsored athletes to build healthy and informed eating habits that will improve performance and stamina, and have a positive impact on exercise recovery.

We are confident that the Hoys Athlete Sponsorship Program can create long-lasting positive habits, so we are offering 2 x Scholarship programs for the following age groups:

- Young Athletes aged 14 to 18 can apply
- Mature Aged Athletes aged 30+

Sponsorships will be awarded based purely on the merits, commitment and dedication demonstrated by the athletes in the application process.

Sponsorship Includes:

- Initial consultation with a Hoys Exercise Physiologist
- Initial consultation with a Hoys Dietitian
- 1 x 1:1 Strength & Conditioning session per week
- Physiotherapy, remedial massage, and/or dietitian consults to the value of \$1500.
- Sponsored equipment to the value of \$150
- Access to all Hoysfit Strength & Conditioning classes
- Individualised programming from an Exercise Physiologist
- 10% discount on all of Hoys services for your Club or Team
- 10% discount to whole of school community (students and family)
- Total value \$15,000

**** Services are not transferable or redeemable and must be used within the Sponsorship timeframe. Applications close 31st of March 2022.**