

In Joe We Trust USP AFL High Performance Camp Membership

Date: every Saturday from November 7th to December 5th **Time:** 8:00 -10.00am

Location: USP Gymnasium Miami 3/54 Paradise Avenue, Miami

Investment: Early Bird Special Deadline \$247.00 + GST (All you can eat AFL Camp End Of Year Presentation Feast \$19.97)

FAQ

Can I only come once?

No, there will be no 1 off sessions, we want committed athletes and a 1 off session here or there shows a distinct lack of seriousness and commitment!

How do I pay?

All Non USP PIT Camp Athletes will be debited via paypal for one payment of \$247.00 + GST + (All you can eat AFL Camp End Of Year Presentation Feast \$19.97) + Paypal Transaction Fees on 6th November 2020. (Payment Plan Available).

What else do I receive?

- Meet and Train with Professional Elite AFL Players!
- Access to World Class Coaches to take you to another level including Gold Coast Suns Academy Head Coaches and AFLW Coaches!
- Gain inside knowledge from AFL recruiting scouts and player managers to help reach your dreams!
- USP AFL Camp T-Shirt
- \$500 P3 Sports Recovery Centre Prize for High Performance Camp Member who embodies Strongman Camp Principles.
- \$500 MWE Physiotherapy Prize for Most Professional AFL Camp Tribe Member.
- Access to the Revolutionary Mind Performance Profile with Australia's' Premier Sports Mental Skills Coach with techniques to unlock mental blocks, enhance confidence, motivation, identify weakness and overcome common psychological challenges athletes have.
- Elite Physiotherapists on site at AFL Camp to identify and rehab injuries and keep you Bullet Proof!!
- Nutrition Success Checklist
- Secrets of Elite Sports Performance E-Book
- How to Get Lightning Fast in a Hurry-the secret techniques used by Olympic Sprint Coaches!
- Gain expert media training for answering questions, developing public relations skills and building your athletic profile!
- Leadership Activities Course including Leadership Traits Checklist
- Sound Healing meditation Therapy.
- AFL Camp Curriculum Certificate of Completion
- Exclusive AFL Camp Membership to ask any questions to Elite Expert Coaches to Rapidly Accelerate Performance!!!
- Training Success Checklist
- Recovery Secrets Methods and Bonus Recovery Secrets Checklist
- 5 Minute Meals Cook Book
- Mind Blowing Motivation Report
- Injury Prevention Secrets Checklist
- The Blue Print for Sporting Domination!
- Earth Shattering Confidence to be able to handle anything that comes your way!
- Keys to Developing Lung Busting Endurance
- Psychological Secrets to Overcome Obstacles That Holds Your Back!
- Vital Components to Identify Weaknesses so you can turn them into Strengths!

Please note athletes will not be permitted to train unless Strongman Membership Forms have been completed.

AFL Camp Membership Acceptance Form

Yes, Joey I want to get jacked out of my brains. I want to get Bigger, Faster, Stronger and Mentally Tougher than ever before! I understand Strongman training is the best method to allow me to achieve my goals, dreams and desires of being the best athlete I can be.

I understand that this is an investment to guarantee I dominate! I understand that it is compulsory to attend all of The Strongman Camp Training Sessions. This will ensure I receive Elite and Superior conditioning that will transfer onto the sports field, keeping me injury free and giving me the advantage over my competitors.

The strongman sessions will develop your sporting skills, game sense ability, speed, agility, body contact, mental toughness and lung busting endurance all in the same session! It is truly mind blowing; the coaching, environment, equipment and athletes in attendance cannot be found anywhere else!

I understand that a Strongman and empowered woman must pay the way and show gratitude and appreciation for those that assist him or her on their quest for athletic supremacy and physical mastery. I will show gratitude and appreciation to my parents for supporting me financially by getting a job or doing chores around the house as a way to contribute towards to the Strongman training membership. Please note we have a limited number of Strongman positions available! It will be first in first served!

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Billing Information

First Name: _____ Middle name(s): _____ Last Name: _____

Credit Card Details

Credit Card Number: _____ Payment Type (please circle one):

Visa / MasterCard Expiry Exp Date: _____ CSC: _____ (Last three digits in the signature area on the back of your card.)

All You Can Eat BBQ Feast Presentation \$19.97 Yes No Number of People Attending _____

Personal Details (This must be your residential address - No PO boxes.)

Sons name _____ Street Address: _____

Town/City: _____ State: _____ Postcode: _____

Telephone: _____ Email Address: _____

USP Strongman T-Shirt Size (S, M, L, XL, 2XL, 3XL) _____

Size	S	M	L	XL	2XL	3XL
Body Width	47	52	56.5	61	64	68
Body Length	71	75	78.5	82	83.5	85

Please note athletes will not be permitted to train unless Strongman Membership Forms have been completed. Limited places available 1st in 1st Served!



AFL Camp Location, Activities and Special Guests

Date	Location and Guests
31-Oct 8am	Burleigh Soccer Club: Physical Performance Testing (AFL Grand Final Player Special Guest Coach)
7 th Nov 8am	Palm Beach Currumbin AFL Clubhouse (Australia's leading Sports Mental Skills Seminar Special Guest Amon Woulfe)
14 th Nov 8am	Miami High School (Special Guest Australian Rugby League, Queensland Maroons and Hawthorn Hawks, and Gold Coast Suns Tackling Coach Jason Roebig Tackling Mastery Workshop,)
21 st Nov 8am	Miami High School Cutting Edge Sports Peripheral Vision, Reaction Co-Ordination Techniques with Func Neuro Physio special Guest Paul Michael. Special Guest World Class Athlete presentation and Special Guest International Athlete TC and MH).
28 th Nov 8am	Miami High School (AFL Specialisation with AFLW Coaches and Professional AFL Players) Special Guest World Champion Athlete LW. TM. AS and BS)
5 th Dec 8am	Miami High School (AFL Sports Speed Acceleration Session with Australian Olympic Gold Medallist Sprint Coach) AFL Camp Feast and Certificate presentation at USP Gym 10.30am AW and CH!

Please note the coaches, guests and locations are subject to change and availability of venue and guests. We have included a link and map of the locations of each ground.

We do our best to ensure the correct location and guests but we cannot guarantee it, we will endeavor to let you know of any changes as soon as possible via email newsletter or our [facebook.com/ultimatesportsperformance](https://www.facebook.com/ultimatesportsperformance) page!

Camp Locations:

[Palm Beach Currumbin Football Club Address: Salk Oval, Thrower Drive, Palm Beach, 4221](#)

[Miami High School Address: 2137/2205 Gold Coast Hwy, Miami QLD 4220](#)