



Michael Dracos (Head Trainer) M: 0403 131 096 –

E: madathletes@yahoo.com.au WWW.MADATHLETES.COM.AU

Mad Athletes has a wide variety of programs catering for all age groups and standards. We provide “**high quality training**”, with an emphasis on creating a fun environment for all clients to obtain their end goal. You will notice the restriction we place on class numbers for each session, **emphasizing quality, not quantity**. Many personal trainers will have large class sizes, but we believe this is to the detriment of your overall fitness through lack of attention resulting in improper technique, poor form and old habits which all can bring about injury or indifferent results.

Michael Dracos (Managing Director and Personal Trainer/Gym Instructor)

Michael has an extensive history in sports from when he was only a young boy. He began playing tennis when he was 8, and since he started he hasn't stopped. He reached a top 20 Australian ranking prior to a career ending injury at 17 years old. He was a serious runner and reached state level in cross country, but as tennis was full time, running was more of a fitness by product from playing tennis. Michael has now decided to use the fitness principles he gained from tennis, from training for state representation in cross country and from the outstanding certificate 3 and 4 fitness course he completed with nationwide provider FITNATION.

Michael specializes in cardiovascular work, boxing fitness, 1 on 1 personal training, sports specific training, (especially tennis and long distance running) corporate sessions, weight loss, circuit training and general fitness classes.

Below are a few of Michaels sporting achievements as well as his qualifications.

Qualified Personal Trainer/Gym Instructor (Certificate 3 & 4), Level 2 First Aid, Tennis Australia Club Professional, Diploma in “Spanish way to Develop Players” Top 20 Australian Junior, Former State Grade Player, Former Runner-Up at The Victorian Hard-Court Championships, Former Tour Player, Victorian Tennis Team Representative and Victorian Cross Country Representative, APS 1sts Tennis and Athletics for Caulfield Grammar School, APS 1sts Tennis Captain, Cross Country Captain for C.G.S.



PROGRAMS

We run our programs from a variety of venues, being indoor and outdoor. Our core business is run from Wantirna South, where a purpose built room is decked out with climate control, led lighting and all the equipment we need to take your body and health to a new level. We also run all our testing from this venue.

INDOOR VENUES

Wantirna South (Private Studio)

Wheelers Hill (Local tennis club where Mad Athletes already operates)

OUTDOOR VENUES

Wantirna South (Timothy Drive Reserve)

Wheelers Hill (Lum Reserve)

HOME VISITS

We come to you and perform the session in your residence or in a park nearby.

PRE ANALYSIS

In all first sessions with Mad Athletes we take you all through a screening process to evaluate if you are suitable for the program on offer. We also use this process to determine your strengths and weaknesses and work out how we can devise a program to improve on all suspect areas and continue to develop your stronger ones.



KID ATHLETES

These sessions are designed to be fun, exciting, rewarding and in the end beneficial to each mad athlete. There will be numerous challenges within our program designed to get each student motivated, whilst we incorporate specific exercises to enable the body to get a full workout. Weights in nearly all cases will not be used, as we find it more appropriate to utilise body weight exercises as resistance.

PENSIONER ATHLETES (60yrs+) – Discount on proof of seniors card (\$8 off per 10 week program between 8am-12pm)

Mad Athletes understands that even the older generation like to stay fit and feel healthy. That's why we are offering pensioner classes, where we take the athletes through a vast array of exercises that are low impact, but keep the body working in a fun but safe manner. We will sometimes run these sessions outdoors, but we will try and run most sessions indoors where we can have full control of the environment and utilise our full selection of equipment.

HOME ATHLETES

As many people find it hard to visit a gym or personal training studio or just feel comfortable in their own surroundings, Mad Athletes offers home service personal training. You can do it alone or with some friends.

(\$20* call out fee per session) *Minimum cost if in close proximity

MAD ATHLETES

This program is specifically designed for the serious athlete who wants to take their chosen sport to the next level. We will work with you in designing a program specific to your sport, and help you develop the areas of your body that will result in a greater performance. **(Only available in 1 on 1 sessions)**

1 ON 1 - 2 ON 1 ATHLETES

For the ultimate benefit and outcome, utilise our skills and knowledge for the best possible result. All our attention is focused on you. Unlike many other trainers, we work for you in providing constant analysis of technique/form, whilst keeping an eye on any plateaus in your development. As a good personal trainer, we will see these plateaus and make necessary changes in order for your body to be pushed that little bit further. If you're wanting to join with a friend and at the same time share the cost, this is also available.

CORPORATE ATHLETES

Mad Athletes has a past experience in working with the corporate sector in running tennis inspired days. We run them in line with the client's needs, and always meet prior to the day with the client to discuss how they would like the event to be run. We can offer this program to a small group, or can cater for large groups. We also have the ability to offer both tennis and personal training in the one session, with all coaches and trainers qualified and up to date with the latest training methods.



Hand to your trainer or send to 7 Kings Court, Wantirna South, 3152.

PLEASE SELECT VENUE (Indicate preferred days and times)

If either venue is suitable then please tick both boxes

- Wantirna South** _____
- Wheelers Hill** _____
- Home Visit** _____

SURNAME: _____ NAME: _____

ADDRESS: _____ POST CODE: _____

PHONE: (home) _____ (mobile) _____

EMAIL ADDRESS: _____

PAYMENT DETAILS (tick box) Position is not confirmed until payment has been received

- Mad Athletes, 1 on 1 Athletes – 2 on 1 Athletes, Kid Athletes-**

\$600 for 10 sessions, \$1100 for 20 sessions or \$1500 for 30 sessions (Must be used in 10 weeks)

Casual rate is \$70 per session

- Corporate Athletes – TBC**

*CASH - \$ _____ * CHEQUE (Cheques payable to **MAD ATHLETES**)-\$ _____

*TRANSFER \$ _____ **Acc Name:** Mad Athletes **BSB:** 063587 **Acc Number:** 10303395

WHERE DID YOU HEAR ABOUT MAD ATHLETES: _____

I understand and agree to make full payment of the required fees. I also understand that any lesson missed for whatever reason is not guaranteed a make-up lesson.

Any lessons cancelled will be made up at a specific time at the discretion of Mad Athletes.

Signed: _____ **Date:** _____

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