

Going the Distance forum

Burnout and burning desire – walking the tightrope

14 November, 2008



Today, young athletes and their families experience ever-growing demands from many quarters, and young athletes face increased pressure to perform, both on the sporting field and in the classroom. As a result, there's an increased risk of young athletes burning-out.

Going the Distance forum details

Date	Friday 14 November, 2008
Time	8.30am – 5pm
Venue	Courtside Function and Event Centre, Sydney Olympic Park Tennis Centre, Rod Laver Drive, Sydney Olympic Park
Cost	\$55, including lunch

Registrations close Friday 24 October. For full details visit www.dsr.nsw.gov.au or call 13 13 02

How do you know if a young athlete is approaching burnout?

How can you help them to avoid it, address the issues they face and find their motivation again?

The Going the Distance forum will present real-life case studies of pre-elite athlete burnout, and explain how to identify it, understand it and ways you can prevent it.

The Going the Distance forum is ideal for parents, coaches, trainers, educators and sports administrators supporting athletes performing below an elite level, but at or above representative level.

Forum sessions will be conducted by experts across the fields of education, sports science, coaching, sport psychology, sports management and athlete welfare.



Going the distance forum

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Enrolment information

Name	Organisation
<input type="text"/>	<input type="text"/>
Position	Email
<input type="text"/>	<input type="text"/>
Address	Phone
<input type="text"/>	Home
<input type="text"/>	Work/mobile
Postcode	

Do you have any medical conditions, dietary requirements, allergies or disabilities that may affect your participation in this program? Please give details.

Session selection: please tick one preferred session in each timeslot (refer to www.dsr.nsw.gov.au for detailed session information)

	Education	Science of coaching	Sports management	Not attending
Session 1 (9.05am – 9.50am)	ED 1 <input type="checkbox"/>	SC 1 <input type="checkbox"/>	SM 1 <input type="checkbox"/>	<input type="checkbox"/>
Session 2 (10.30am – 11.15am)	ED 2 <input type="checkbox"/>	SC 2 <input type="checkbox"/>	SM 2 <input type="checkbox"/>	<input type="checkbox"/>
Session 3 (11.20am – 12.05pm)	ED 3 <input type="checkbox"/>	SC 3 <input type="checkbox"/>	SM 3 <input type="checkbox"/>	<input type="checkbox"/>
Session 4 (1.55pm – 2.40pm)	ED 4 <input type="checkbox"/>	SC 4 <input type="checkbox"/>	SM 4 <input type="checkbox"/>	<input type="checkbox"/>
Session 5 (3.10pm – 3.55pm)	ED 5 <input type="checkbox"/>	SC 5 <input type="checkbox"/>	SM 5 <input type="checkbox"/>	<input type="checkbox"/>

Payment information

My cheque or money order payable to 'NSW Sport and Recreation' is enclosed OR charge \$ _____ to my credit card: Visa Mastercard

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Expiry date	<input type="text"/>	/	<input type="text"/>
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Cardholder name

Signature

Media consent

Strike out whichever does not apply:

I agree to allow NSW Sport and Recreation to use my name and any photographs, sound and film recordings taken of me at this program for the promotion of the Agency to the media and to the general public.

Full name

Signature

Date

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Privacy statement

The NSW Department of the Arts, Sport and Recreation (DASR) of 6 Figtree Drive, Sydney Olympic Park, NSW 2127 will collect and store the information you provide to enable processing of enrolments for the Going the distance forum. The information will be provided to instructors of the program and their supervisors, where necessary, and you consent to this disclosure. If you have been asked for information regarding Aboriginal and Torres Strait Islander descent and cultural background, this information is voluntary and is being compiled for statistical purposes only. Any information provided by you will be stored on a database that will only be accessed by authorised personnel and is subject to privacy restrictions. The information will only be used for the purpose for which it was collected. Any information provided by you to the department can be accessed by you during standard office hours and updated by writing to us or by contacting us on 13 13 02.

Refunds and cancellations

Requests for refunds must be made within seven (7) working days prior to the commencement of the program in which you are enrolled. All requests must be made in writing. All refunds are subject to an administration fee of 20 per cent of the total program fee. Refunds will not be given for partial attendance, nor will make up lessons be provided. Refunds will be paid at the completion of the program. NSW Sport and Recreation reserves the right to cancel any program/s. Every effort will be made to give reasonable notice to those who have enrolled when a program is cancelled. Those enrolled will be given a full refund.

Risk waiver

Strike out whichever does not apply:

I wish to attend the program noted above.

In the case of an emergency, I authorise the program staff, where it is impracticable to communicate with me, to arrange for me to receive such medical or surgical treatment as may be deemed necessary.

I also undertake to pay or reimburse costs which may be incurred for medical attention, ambulance transport and drugs while I am enrolled with the program.

I understand that although DASR and its service providers attempt to minimise any risk of personal injury within practical boundaries, accidents do happen and all physical activities carry the risk of personal injury. I acknowledge that there is an inherent risk of personal injury in physical activities that will be undertaken.

Full name

Signature

Date

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