



PO Box 71 Beenleigh QLD Australia 4207 | Ph 61 7 38077119 | Fax 61 7 38077445
info@strengthandconditioning.org | www.strengthandconditioning.org

What is the ASCA?

The ASCA is the Peak Body for Strength and Conditioning professionals in Australia. The Australian Strength and Conditioning Association is the professional development body for Strength and Conditioning Coaches in Australia, representing over 3000 Accredited Strength and Conditioning Coaches involved in coaching athletes/teams at all levels of participation from the club through to Olympic and Professional Sport levels. The ASCA is recognised internationally as an industry leader via international affiliates in ASIA/NZ.

The ASCA has coaching programs registered with the National Coaching Accreditation Scheme, which is administered by the Australian Sport Commission, and identifies individuals who possess knowledge and skills to design, implement and review safe and effective strength and conditioning training programs for individual and team sport athletes.

The aim of the ASCA is to Bridge the Gap between sports science and practical application.

Who can join?

Membership in the ASCA is open to any person interested in increasing their knowledge, abilities or resources in the field of Strength and Conditioning.

What are the benefits of membership?

ASCA members are kept on the 'cutting edge' of the strength and conditioning profession and will receive four (4) quarterly issues of the 'Journal of Australian Strength and Conditioning' – and innovative online journal that can be accessed by members only. Additional ASCA members will receive:

- Access to the member's only area on the ASCA website providing access to 3 of the latest issues of the Journal of Australian Strength and Conditioning.
- Professional Indemnity and Public Liability Insurance Premiums are greatly reduced rates
- Eligibility to be listed under 'find a coach' on the ASCA website
- Discounts on ASCA products including DVD's, Published Articles
- Discounts on ASCA Conference, Seminars and Workshops
- A membership card and/or certificate suitable for wall display
- Notification of and Voting rights at the Annual General Meeting

What services does the ASCA provide?

The ASCA provides education and professional services to the strength and conditioning profession. This includes coach education courses accredited with the ASC through the National Coach Accreditation Scheme. Professional Coach Recognition through the ASCA Professional Coaching Structure (more information can be located on the ASCA website at www.strengthandconditioning.org). Additional services include:

- Workshops
- Conferences
- Updating and reaccreditation for maintenance of coach accreditation
- Opportunity to have articles published relating to strength and conditioning and other areas in the Journal of Australian Strength And Conditioning - JASC.



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2009 ASCA Membership Application/Renewal Form

PERSONAL DETAILS:

First Name: _____ Surname: _____
(please print details)

Address: _____

Post Code: _____

Email Address: _____

Day Time Contact Phone Number: _____

DO YOU WISH TO BE LISTED ON THE ASCA WEBSITE UNDER 'FIND A COACH'?

(You must be a current member of the ASCA and hold a minimum of Level 1 Coach Accreditation with the ASCA)

YES NO

MEMBERSHIP SUBSCRIPTION FEES

NEW INDIVIDUAL MEMBERSHIP:	\$95.50 inc gst
RENEWAL INDIVIDUAL MEMBERSHIP:	\$88.50 inc gst
NEW STUDENT MEMBERSHIP:	\$82.50 inc gst
RENEWING STUDENT MEMBERSHIP:	\$72.50 inc gst

(copy of student ID must be provided each year to be eligible for student membership fees)

PAYMENT DETAILS:

CHEQUE MONEY ORDER VISA MASTERCARD

Please note, all payments are to be made in \$AU, the ASCA does not accept Diners or AMEX, registration will not be confirmed until payment has been received

Please note all credit cards payments incur an additional 2.5% fee

CARD DETAILS:

Name On Card: _____

Card Number: _____ / _____ / _____

Card Expiry Date: _____ / _____

Signature: _____