

HILLCREST PRIMARY ADVENTURE CLUB COACHING PROPOSAL

The Jeep Apparel Multisport School would like to submit a proposal to assist with the private coaching of Hillcrest Primary's adventure club members. Herewith, please find some information on our school, a biography on the school's head coach and an outline of how we think the school can benefit from our offering:

WHAT IS THE JEEP APPAREL MULTISPORT SCHOOL?

In essence, the Jeep Apparel Multisport School is a lifestyle sports school that aims to introduce kids to the disciplines of **multisport** (canoeing, trail running, mountain biking) and **adventure racing** through regular, supervised coaching sessions, workshops and camps.

As a result of our relationships with our fantastic sponsors, suppliers and coaches (who are all members of Team Jeep SA), the school offers students access to high-end equipment (such as kayaks, buoyancy aids and paddles) as well as coaching from some of South Africa's most respected mountain biking, multisporting and adventure racing coaches.

We are committed to pioneering the way forward in the multisport and adventure racing arena for young people. We are committed to seeing local schools adding these disciplines to their list of "official sports", thus offering youngsters a fun alternative to traditionally accepted sports such as rugby, cricket, tennis etc. And as a result, we saw significantly increased entries at multisport and adventure races in 2009 and 2010.

The Jeep Apparel Multisport School upholds the values of honesty, integrity, accountability, perseverance and teamwork. These values are reinforced through the physical activities that the kids participate in. Whilst we encourage healthy competition and strive for improvement and excellence, participation and fun are the key factors. We believe that kids at this age should be enjoying sport. If you set the right foundation, children will grow into their own athletic abilities.

BIOGRAPHY ON HEAD COACH



Ewan Cochran, founding member of the Jeep Apparel Multisport School and member of Team Jeep SA, started offering canoeing coaching to children and adults in January 2005. Ewan's paddling pedigree saw him representing KZN for paddling and resulted in 5 silver medal finishes in the Dusi Canoe Marathon. He was appointed as the Durban & Districts Assistant Paddling Coach by the KwaZulu Natal Canoe Union in 2006.

In the latter half of 2006 Ewan launched an initiative called the Experience This Paddling School. In March 2007, the focus of the school shifted to multisport and Ewan started running combined paddling, trail running and mountain biking classes and adventure racing coaching for children in the upper Highway areas. Ewan's efforts in the area of multisport coaching were evident at the 2007, 2008, 2009 and 2010 Jeep Msinsi races as a large percentage of the Under 12 entries were kids who had been trained by Ewan. Furthermore, the multisport kids from the school achieved podium finishes at every race!

In November 2007, the Experiencethis.co.za Paddling School was officially re-branded as the Jeep Apparel Multisport School. And in 2009, Tropitone also became a sponsor of the school.

PROPOSED COACHING COSTS:

(A) R480 per child per term based on 8 x 2.5 hour training sessions per term * MINIMUM 20 KIDS

(B) R400 per child per term based on 8 x 2.5 hour training sessions per term * MINIMUM 30 KIDS

Please note that the above fees are based on a minimum of 20 / 30 kids respectively.

Training sessions includes the following:

- Sessions will typically comprise paddling, trail running and mountain biking activities
- A Team Jeep facilitator will be present to supervise activities
- 10 kayaks, buoyancy aids and paddles will be made available (kids will be split into groups to allow everyone an opportunity to paddle)
- Mini adventure races will be set from time to time to test their navigational and map-reading skills and to emulate adventure racing conditions and prepare them for the challenges they will face in an actual race
- Training sessions will be held at Shongweni Dam and Giba Gorge however we may utilise other venues for certain training sessions to introduce some variety. Should the venue not be Shongweni Dam or Giba Gorge, parents will be given advance notice.

BENEFITS OF JOINING THE JEEP APPAREL MULTISPORT SCHOOL:

- **Coaching** by some of SA's most respected and experienced mountain biking, multisporting, paddling and AR coaches and athletes.
- Ewan is able to **advise** parents on the purchase of equipment, such as bikes and kayaks. They will recommend solutions to suit the child's age and capabilities as well as their parents' budget! They will then assist with bike and boat set-up to encourage proper riding / paddling styles and techniques.
- Access to **paddling equipment** (kayaks, buoyancy aids and paddles) during training sessions.
- Opportunities to attend **workshops** and **camps** with special guest appearances by other members of Team Jeep SA e.g. Dan Hugo, Andy Birkett, Robin Kime, Ryan Redman and others. See www.teamjeep.co.za for detailed athlete profiles.
- We will keep you informed about multisport and AR **events** as well as any special offers or discounts on equipment or gear purchased through the school from any one of our preferred suppliers.
- Access to **discount vouchers** and **samples** (where available) from the school's sponsors, namely Jeep Apparel, Tropitone, Cyclesphere, Tripper and Stealth Performance Products.
- We have aligned ourselves with top-class **suppliers** of equipment, clothing and training gear, whom we promote to our students. The Multisport School acts as an agent for these suppliers and retails their products to members of the school, with the added convenience that orders placed with Ewan will be collected from the supplier and delivered to the relevant person at the next training session. Simple, easy and convenient!
- We can make **recommendations** to parents on the **adventure racing team** selection, if required.
- We can assist with **race selection** for kids to help improve their skills in the various sports.

We look forward to your feedback on the above and welcome the opportunity to share our love of multisport with your young athletes.

Should you require any additional information, please get in touch with us.

Yours in multisport,

Ewan Cochran

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