



2004 Personal Trainer of the Year APPLICATION DETAILS

This award recognises a personal trainer who has demonstrated excellence in customer service, professionalism and client retention. He/she will also have displayed a commitment to ongoing education.

The winner receives:

- complimentary registration to Network 04 convention
- complimentary registration to FILEX 2005
- 12-month professional Network membership
- a career profile in a Network publication
- an invitation to write articles for Network
- a handsome trophy
- two tickets to the Industry Awards presentation dinner, held in conjunction with the FILEX convention on Saturday 19 June in Sydney.

Instructions:

To nominate yourself or someone else as Personal Trainer of the Year, please complete this application form and submit it with the requested supporting documents. If you do not fully complete this form or include supporting documents, your application may not be considered.

Supporting documents:

Please submit the following supporting documents with your nomination form:

- Nominee's current resumé / curriculum vitae (CV)
- Clear photograph of nominee
- Copies of fitness accreditation and continuing education certificates, and any other relevant academic documentation
- Three letters of reference (e.g., from client, member and mentor).
- Please include any other supporting information that you consider relevant to their nomination (e.g., published articles, advertising/promotional materials, etc).

Eligibility:

- Minimum Certificate III in Fitness (SRF30201) qualification.
- Registered as a fitness trainer or personal trainer with Fitness Australia.
- Working specifically in the area of personal training.

Submission deadline:

5pm, Friday 21 May 2004

Notification:

All winners will be notified by Friday 4 June 2004. Entrants not selected as winners will not be notified.

Submission process:

Please forward your completed nomination form, responses to stated questions and support documentation to:

2004 Australian Fitness Industry Awards
PO Box 57
Neutral Bay NSW 2089

2004 Personal Trainer of the Year NOMINATION FORM

(Please attach to front of your submission)

Your contact details (if nominating someone else):

Name: _____

Postal address: _____

Suburb/town: _____

State: _____ Postcode: _____

Phone (h): (_____) _____ Phone (w): (_____) _____

Phone (m): _____

E-mail: _____

The nominee's contact details:

Name: _____

Postal address: _____

Suburb/town: _____

State: _____ Postcode: _____

Phone (h): (_____) _____ Phone (w): (_____) _____

Phone (m): _____

E-mail: _____

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Please answer the following questions in 200 words or less*:

1. Why you are nominating this person as Personal Trainer of the Year?
2. Describe the nominee's current client base. Please include details such as total number of clients, session frequency, retention, special populations groups, client goals and programming.
3. What is the nominee's personal philosophy on client motivation and adherence to exercise? How does the nominee incorporate this philosophy into their client programming and sessions?
4. Describe the nominee's most rewarding client experience and any other significant achievements.
5. Does the nominee do any work with the community and if so in what capacity?
6. How does the nominee market their services? What has been their most successful marketing campaign?
7. What strategies does the nominee use for client retention and motivation?
8. Does the nominee work for a fitness club(s)? If so, which one(s)?

Club name	Suburb & state	Phone (incl. area code)

9. What continuing education courses activities has the nominee successfully completed over the past two years?
10. What is the most important lesson the nominee has learned as a personal trainer? How has that experience changed their approach to personal training?
11. How long has the nominee been a personal trainer and why did they become one? What keeps them motivated?
12. How does/has the nominee contributed to the development of the Australian fitness industry (e.g., presenting, writing, innovative programming, community outreach, etc). Please be specific!

***Please note: answers exceeding the 200-word limit cannot be evaluated.**