



Private Coaching with Coach Easy at Midstream Ridge Primary School, Pretoria.

Coach Easy provide sports training for girls and boys ages five and older. Our Qualified Sports Coaches will work to improve your overall sports skills and sports development. All our coaches are certified, and accredited and have competed or coached at provincial and/or club levels. Our services are tailored to the athlete's age and skill level.

We provide coaching for:

- Cricket (Bowling, Batting & Fielding)
- Cross Country
- Field Hockey (Field play & Goal Keepers)
- Long distance athletics
- Netball (Skills & Shooting)
- Road/Trail Running
- Rugby (Skills & Kicking)
- Sports Conditioning (Sport specific speed, agility, strengthening & core training).

Our Services:

1. **Sports 101** - (For Cricket, Field Hockey, Netball, Rugby)
 - One-on-one (60-minute session) - R300 per session
 - Buddy Package (2 or more per group for 60 minutes) - if you bring a friend or sibling, you both will receive a discount.
2. **Running Coaching** - (Cross Country, Road/Trail Running, Long distance athletics).
 - One-on-one sessions are R300 per 60 minute session.
 - For Competition training - Online sessions can be arranged - R890 per month. You will get a weekly program and insights by Yolande Maclean that focus on your individual running goals.
3. **Sports Conditioning** - (will be sport specific)
 - One-on-one sessions are R300 per 60 minute session.

Services to Midstream Ridge Primary School learners:

4. **Sport Specific PE**
**Group sessions will take place in learners' designated PE period once a week.*
 - Term 1 - R1,440 (Grade 3 - 7 only)
 - Term 2 - R1,760 (Grade 1 - 7)
5. **Sport 101 in PE session**
 - One-on-one sessions are R260 per PE session

**All payments are to be made in full before session confirmation. Terms and Conditions apply.*

Stay Champion Minded