



AVRA Board Members / Staff

June 5, 2014

Re: Temporary/Seasonal Coaching

The coaching services AVRA offers are structured to follow a long term athlete training program, with AVRA and the athlete working together with a minimum one year commitment.

Where an athlete's circumstances are such that a one-year commitment is not practical for the athlete, AVRA coaching services are available, subject to capacity, at a material premium of 25% to the appropriate level costs. The additional costs are in place to compensate for the additional short term administration and resource intensity typically required in these situations (e.g., having coaching staff learn and adapt prior training and the athlete's training capacity).

Consultation services may be available on an hourly rate at \$125/hr including an overhead surcharge.

AVRA's ability to provide short term services is conditional on AVRA having the available coaching resources, board approval and coaching capacity without having a negative impact on our commitments to AVRA's other athletes.



Jeff Bakal PhD

President AVRA