

ROCK & WATER 2012

Level II Advanced Training



Level II Advanced Training 12 - 13 November 2012 Newcastle, NSW

PERSONAL DETAILS

1st Title _____ Given Names _____ Surname _____ Position _____

2nd Title _____ Given Names _____ Surname _____ Position _____

Contact _____ Organisation _____

Postal Address _____ Town/City _____ State/Postcode _____

Email 1st Person (essential) _____

Email 2nd Person (essential) _____

Phone _____ Mobile _____ Fax _____ Dietary Requirement _____

How did you hear about the training: _____

LIABILITY WAIVER All participants listed on this registration must read and sign below.

I agree and acknowledge that I am undertaking participation in the Rock and Water training and activities at my own free will and intentional act. I am fully aware that possible physical injury might occur to me as a result of my participation in this event. I give this acknowledgement freely and knowingly and that I am as a result able to participate in the events and I do hereby assume responsibility for my own well-being. I am also aware the training for day one commences at 8.30am and finishes at 10.00pm in the evening, 2nd day training starts at 8.30am and finishes at 6.30pm.

Participant 1 Signature: _____ Participant 2 Signature: _____

CANCELLATION POLICY Written requests for registration refunds must be postmarked or emailed 2 weeks prior to the commencement date and will then be refunded (less \$80.00 processing fee). Cancellations received within 2 weeks of the commencement date will not be refunded although the registration can be transferred to another participant for the same workshop. No refunds are given for no-shows. *In the event of unforeseen circumstances The Family Action Centre reserves the right to change or cancel workshops*
The Family Action Centre is a not for profit organisation. By attending events or purchasing resources from the FAC you are supporting the development of further resources and continued delivery of professional development events in many communities.

ATTENDANCE COSTINGS

- **\$950.00 inc GST, catering, Rock and Water Poloshirt, Starters Manual, Basic Exercises DVD, Action/Reaction DVD (suitable for high school only), Rock and Water Perspectives (theory booklet), Level II Advanced Training Certificate**

Polo-shirt size: xsml - sml - med - lge - XL - XXL - XXXL
 (please circle what size you will require – shirts are a size large than Australian sizes – Freerk's size is a XSML)

PAYMENT DETAILS (payment options – CHEQUE or CREDIT CARD only)

FOR TAX PURPOSES - This completed form is a tax invoice for the purposes of GST after payment is received.
 The University of Newcastle ABN: 15 736 576 735



www.newcastle.edu.au/rockandwater

Number of people attending _____ Cost per person (inc GST) \$ _____ TOTAL COST (inc GST) \$ _____

CHEQUE **Cheque payable to The University of Newcastle**
 Please post to: The Family Action Centre University of Newcastle, University Drive, Callaghan NSW 2308

CREDIT CARD Please debit my **VISA** **MASTERCARD** **EXPIRY DATE** ___/___/___

CARD NUMBER _____

Name of Cardholder _____ Signature _____

Contact number for Cardholder _____

FOR MORE INFORMATION e : FAC-Events@newcastle.edu.au p : +61 2 4921 6403 f : +61 2 4921 8686

OFFICE USE ONLY Date received ___/___/___ Sent to Cashier ___/___/___ Chq Number ___/___/___

Rock and Water Program

skills for physical-social teaching

Level II Advanced Training

12 - 13 November 2012
Newcastle, NSW

FURTHER INFORMATION

Prerequisites: Completion of the Rock and Water three day workshop and one year extensive Rock and Water experience in teaching the program to students is essential.

Overview: The Rock and Water Level II Advanced training concentrates on the basics of the program covering grounding and centring exercises, standing strong, rock and water attitude in physical- and verbal communication and in relationships, body language, breath exercises, boundary awareness exercises, and very effective anti bullying exercises. This training focus's on the first 6 lessons of the Rock and Water Program, the full program consists of 14 lessons (143 exercises).

Training has been designed especially for educators who have completed the 3 day training and would like to increase their presentation and delivery skills. You will be able to deliver a 1 day introductory workshops to colleagues and parents within their current school that you are teaching in. This will enable your school to have a whole school approach to the program. It is important to remember once trained you can only teach the 1 day introductory workshop and not the FULL 3 day training.

Lesson Outline

Lesson 1 - Standing Strong

Lesson 2 - Rock and Water

Lesson 3 - Breathing strength

Lesson 4 - Rock and Water in the school yard

Lesson 5 - Boundaries

Lesson 6 - Rock and Water in personal contact

SCHOOL TEACHERS: Completion of the Level II advanced training allows you run 1 day Introductory workshop to your colleagues within your organisation/school as well as run two-hour information sessions parents/colleagues.

YOUTH ORGANISATIONS/EDUCATORS: If you work for an organisation which runs a number of programs within schools you can NOT run 1 day introductory workshops for teachers within schools you can only teach other colleagues from your own organisation. You can run two-hour information sessions for parents/teachers within the schools that you are working.

Please note: you can not run Rock and Water Introductory workshops and charge a per delegate fee for participants to attend. Fees cannot be charged for workshops unless arranged with the Family Action Centre and are presented by our Master Instructors.

YOU WILL RECEIVE

- 2 ½ days intensive training with Freerk Ykema
- Rock and Water Poloshirt
- A Starters Manual
- Basic Exercises DVD
- Action/Reaction DVD (suitable for high school only)
- Rock and Water Perspectives (theory booklet)
- 5 x Rock and Water Stress Balls
- Level II Advanced Training Certificate

WORKSHOP TIMES:

2 ½ days intensive training

Registration time: 8.15am for 8.30am start

1st Day: 8.30am - 10.00pm (with suitable breaks)

2nd Day: 8.30am - 6.30pm

Cost: \$950.00 (inc GST and resources)



Bringing It Together (22 case studies)	\$49.50
The Rock & Water Approach Manual (3-day course)	\$55.00
The Rock and Water Starter Manual (1-day course)	\$30.00
Rock & Water Perspective (Theory book)	\$35.00
Rock & Water Polo Shirts	\$45.00
Rock & Water Basic Exercises DVD	\$60.00
Rock & Water Action Reaction DVD (subtitles)	\$60.00
Rock & Water Poster Packs (includes packs 1 & 2)	\$129.00
Rock & Water Poster Pack (individual packs)	\$69.00
Rock and Water Primary School - School Wide	\$77.00
Rock and Water Focus on Girls and Women	\$33.00
Rock and Water and Children with Autism Spectrum Disorders	\$55.00
Rock and Water Stress Balls (pack of 20)	\$50.00